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pounds these days
...and so is**

Johnson & Johnson

This Calorie Counter is sent
to you from Johnson & Johnson
to remind you that **RED CROSS**
Cotton is now packed in
dozens...not pounds!

RED CROSS Cotton is being packed in dozens
for your convenience. Most of the items you buy
are packed and priced in dozens. No longer will
you have to convert different size packages from
pounds to dozens. The packing and pricing of
RED CROSS Cotton will now be in dozens.

Change in package sizes, descriptions and prices

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CROSS Cotton are being changed slightly:

From (Retail Price)	To (Retail Price)
1 oz. (20¢)	Small Size-- 1 oz. (20¢)
2 oz. (35¢)	Medium Size-- 2 oz. (35¢)
4 oz. (63¢)	Large Size-- 4 oz. (63¢)
8 oz. (\$1.15)	Extra-Large Size-- 8 oz. (\$1.15)
16 oz. (\$2.10)	Professional Size-- 15 oz. (\$1.98)

(Complete price list is on back page.)

CALORIE COUNTER AND CONTROL GUIDE

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Joe Bonomo

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**This Famous Calorie Counter Is Now In Its Three
Millionth Printing . . . Surpassing All Records Known
For Book Sales**



Pull Up A Chair . . .

And Let's Talk Dieting!

by JOE BONOMO

You have in your hands a calorie counter that is now past the three million mark in printings. The success of this new and revised counter is marked by many years of research. It has taken me a life-time to develop . . . but, by these countless years you have a pocket-counter that is the most comprehensive and complete manual ever published. Now it is up to you!

How successful you are going to be in your dieting is going to show up in the mirror. Your doctor will tell you that there is no pill or machine that will take weight off you while you go on eating rich and fattening foods.

Beginning today, you are going to learn some simple facts about the foods you have been stuffing inside yourself. Beginning today, you're going to start reducing safely . . . sensibly . . . and pleasantly!

Take a look at yourself! Because of those extra pounds, you have started reading this book . . . just as thousands and thousands of others have done. If you are determined in improving your personal appearance, get going! In a short time you are going to see a NEW YOU!

Cordially,

Joe Bonomo

NOTE: If you have any physical ailment or infirmity . . . or have any doubt about the advisability of applying, to your particular case, the principles laid down on the pages in this book . . . be sure to submit it to your doctor first.

YOUR BODY . . . LIKE A MACHINE

. . . NEEDS FUEL

The human body is somewhat like an automobile. To make it run, it must be supplied with certain fuel . . . **FOOD!** Healthy, normal operation of the body-machine requires a specific, exact amount of food fuel . . . together with a balanced vitamin content.

Hunger lets you know when your body needs additional fuel . . . that your fuel tank is getting empty. Satisfying your hunger, by eating, fills the fuel tank up again.

However, food-fuel is different from the gasoline-fuel . . . which keeps a mechanical motor running. Food not only supplies energy to perform muscular work . . . but also supplies heat to keep the body warm . . . as well as chemicals and materials to build up and repair body tissues, bones and vital organs.

Unlike a gasoline tank . . . which overflows when too much fuel is pumped into it . . . your body has a tendency to store away excess fuel supplied to it by over-eating. This causes people* to become overweight.

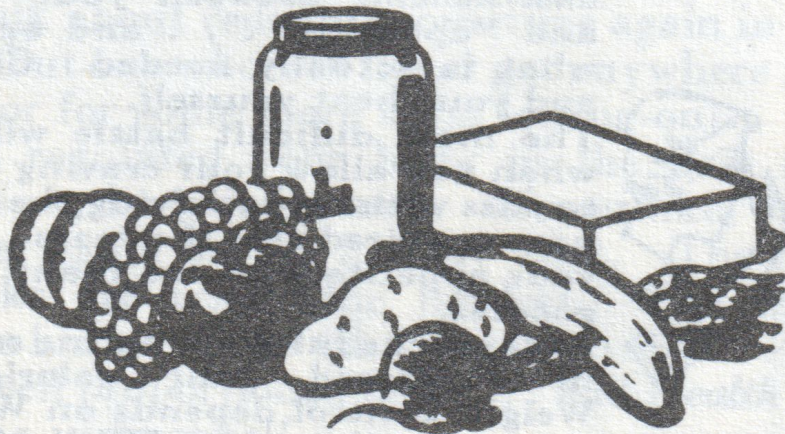
***Except those very few who may suffer from a glandular disturbance of some nature. A consultation, with your doctor, is always deemed advisable when starting a weight reducing or gaining regimen.**

Types of **BODY-FUEL**

Carbohydrates are foods supplying immediate heat and energy. The most important examples are starches, sugar and alcohol. If the caloric intake is greater than bodily demand, then a relatively small part of the excess is stored in the liver and muscles . . . the greater part is converted and deposited as fat in the body.

Fats serve as a reserve for heat and energy production. Differing from carbohydrates, its function is relied upon only when the intake of carbohydrates are inadequate. A reduction of carbohydrate foodstuff will force the body to withdraw on its fat reserve.

Protein is essential. It promotes body growth, repairs worn tissue, helps in the manufacture of gland secretions and digestive juices . . . and supplies chemicals used by the body to fight infectious diseases. Only protein can fulfill these tasks . . . making protein a "vital" and indispensable food. Protein is almost never converted into fat or used for energy except when taken in excess. Then, a little more than half of it is converted into carbohydrates. A third of the protein consumed daily should be of meat, eggs or milk.



LOSING WEIGHT



STUDY YOUR
EATING HABITS

A reduction in weight is accomplished by cutting down on your caloric intake 40 % to 60 % of body requirement. Each pound of fat, stored in your body, is capable of creating reserve energy. This amount is measured in *calories*. A pound of fat is equal to approximately 3,500 calories.



STAY AWAY FROM
FATTENING FOODS

TYPES OF BODY FUEL

Foods are divided into 3 groups . . . *Carbohydrates, Fats and Proteins*. However, Protein is the ideal food in a reducing program . . . for it protects the health and builds tissue cells. It also hastens fluid elimination and helps to burn up Carbohydrate and Fat calories. A third of the protein consumed daily should be in meat, eggs or milk.



COUNT YOUR
FOOD CALORIES

HUNGER vs APPETITE

Hunger is a signal of the body that more food fuel is necessary for body function. It is a sense of emptiness, a feeling of weakness . . . very often accompanied by dizziness, headaches and irritability. *Appetite* is a desire for those foods most pleasing to the taste . . . a craving for something you really don't need.

A hungry person will eat anything set before him . . . while a person with an appetite *selects* foods, eating the most tasty.

Your diet should be based on a *personal understanding* between your "hunger" and "appetite" . . . and eating only what is actually needed. Cheat . . . and you cheat yourself.

The most difficult battle will be won when you allow your craving for a food to pass without satisfying the habit you have acquired over the years . . . feeding your appetite with too many fattening goodies.

Always schedule your eating so that you never exceed your caloric needs. Weight control depends on **WHAT** you eat . . . rather than **HOW MUCH** you eat.



WHEN YOU'VE HAD
ENOUGH, SAY "NO"



GAINING WEIGHT



A layer of flesh and muscle covering the frame is necessary for good looks, health and your general well-being. When a person's weight falls below 15% to 20% of average, there is a sharp drop in energy and alertness.

**CHECK WITH
YOUR DOCTOR**

Underweight, as a hereditary, glandular or nervous condition, has been grossly exaggerated. Any condition which depresses the appetite is liable to cause underweight. Loss of sleep, improper living habits, fatigue or overactivity . . . or such psychological factors as worry or mental strain may exert a baneful influence on your weight.



**AVOID
FATIGUE**

While a condition of underweight may be a symptom of disease, it is not necessarily so. By far, the most common cause of underweight is dietary. You may be burning energy faster than your food supplies it . . . and your body consumes the difference from itself. Therefore, the secret of gaining weight is not only to eat enough food to supply your daily energy requirements . . . but to eat enough to store a reserve for energy . . . when you may need it.



**DON'T RUSH
YOUR EATING**

To gain weight and build a strong, healthy body, you must follow a definite plan of eating and living.

FIRST: Check with your family physician to be sure that the underweight is not caused by a glandular or nervous condition.

SECOND: Avoid fatigue like a plague. Sleep eight to ten hours a night.

THIRD: At mealtime, avoid hurried eating and any kind of stress or strain. Concentrate on substantial meals, particularly, and learn to like **FATTENING** foods. Eat at regular hours . . . and enjoy a mid-morning, mid-afternoon and bedtime snack.



**KNOW WHAT
YOU'RE EATING**

How To Figure Your "REDUCING" Or "Weight-Gaining" Program

The charts which follow are very simple and easy to understand. Through their use, you will determine your ideal weight . . . and ultimately your necessary daily caloric intake.

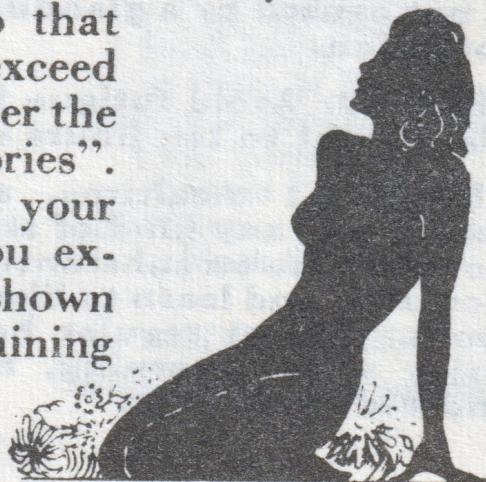
The chart on Page 9 covers the ideal weights for women . . . ordinarily dressed (without coat and purse) and with regular height high-heel shoes.

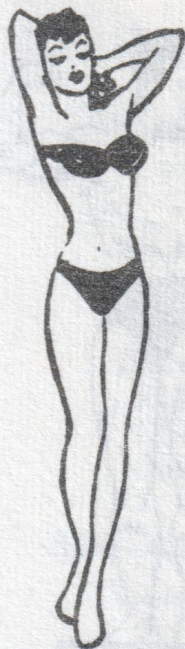
The chart on Page 10 covers the ideal weights for men . . . ordinarily dressed (without topcoat) with shoes.

Determine whether you are of small, medium or large frame . . . and find out your minimum and maximum weight according to your height. Turn to the inside back cover and jot down all your measurements.

Now, turn to Page 11 and determine your daily caloric requirements. This table shows how much in calories of food your body needs to function efficiently.

If you desire to reduce, then schedule your "reduced" eating program so that your fuel intake does not exceed the caloric figure shown under the heading "Reducing Calories". To gain weight, schedule your eating program so that you exceed the caloric figure shown under the heading "Sustaining Calories".





Ideal Weight Chart for WOMEN . . .

Ordinarily dressed, without coat and
purse, but with 2" high-heeled shoes.

Your Height _____ Your Weight _____

Height (with shoes)	Small Frame	Medium Frame	Large Frame
5' 0"	105-113	112-120	119-129
5' 1"	107-115	114-122	121-131
5' 2"	110-118	117-125	124-135
5' 3"	113-121	120-128	127-138
5' 4"	116-125	124-132	131-142
5' 5"	119-128	127-135	133-145
5' 6"	123-132	130-140	138-150
5' 7"	126-136	134-144	142-154
5' 8"	129-139	137-147	145-158
5' 9"	133-143	141-151	149-162
5' 10"	136-147	145-155	152-166
5' 11"	139-150	148-158	155-169
6' 0"	141-153	151-163	160-174

SHOWS MINIMUM TO MAXIMUM WEIGHTS

Ideal Weight Chart for MEN . . .

Ordinarily dressed, without
topcoat and hat, but with shoes.

Your _____ Your
Height _____ Weight _____



Height (with shoes)	Small Frame	Medium Frame	Large Frame
5' 3"	119-128	127-136	133-144
5' 4"	122-132	130-140	137-149
5' 5"	126-136	134-144	141-153
5' 6"	129-139	137-147	145-157
5' 7"	133-143	141-151	149-162
5' 8"	136-147	145-156	153-166
5' 9"	140-151	149-160	157-170
5' 10"	144-155	153-164	161-175
5' 11"	148-159	157-168	165-180
6' 0"	152-164	161-173	169-185
6' 1"	157-169	166-178	174-190
6' 2"	163-175	171-184	179-196
6' 3"	168-180	176-189	184-202

SHOWS MINIMUM TO MAXIMUM WEIGHTS

YOUR DAILY CALORIC REQUIREMENTS FOR WOMEN:

IDEAL WEIGHT	SUSTAINING CALORIES	REDUCING CALORIES
105 to 109	1920	1200
110 to 114	2000	1300
115 to 119	2100	1400
120 to 124	2190	1450
125 to 129	2250	1500
130 to 134	2300	1550
135 to 139	2400	1600
140 to 144	2500	1650
145 to 149	2600	1700
150 to 154	2700	1750
155 to 159	2800	1800
160 to 164	2900	1900
165 and Over	3000	2000

FOR MEN:

IDEAL WEIGHT	SUSTAINING CALORIES	REDUCING CALORIES
125 to 129	2640	1940
130 to 134	2700	2000
135 to 139	2780	2080
140 to 144	2840	2140
145 to 149	2920	2220
150 to 154	3000	2300
155 to 159	3080	2380
160 to 164	3160	2460
165 to 169	3240	2540
170 to 174	3320	2620
175 to 179	3420	2720
180 and Over	3550	2830

The above caloric charts are arranged for the fairly active man or woman. If you are a "nervous" type of person, increase your daily caloric figure by 10%; if you do extra-heavy physical labor, increase 15%. If you are a very calm, quiet and slow moving individual and/or very inactive daily, decrease by 8%.

CALCULATE YOUR THEORETICAL WEIGHT CHANGE

Record Your Daily Caloric Intake
Here For The First Week . . . As Well As
The Chart on The Last Page Of Counter.

DAY	BREAKFAST	LUNCH	DINNER	TOTAL
1st				
2nd				
3rd				
4th				
5th				
6th				
7th				
Total Caloric Intake for 7 Days				
DAILY AVERAGE (Divide by 7)				

COMPARE YOUR DAILY AVERAGE INTAKE HERE

1. Your Ideal Weight lbs.
2. Sustaining Calories Needed
for This Ideal Weight
3. Reducing, or Gaining, Calories
Needed to Achieve Ideal Weight . . .
4. Daily Average for First Week's
Weight Program
5. Difference Between "Sustaining"
(Line 2) and "Average" (Line 4) . . .

NOTE: Each 3,500 calories "difference" theoretically represents one pound of fat gained or lost. Actually you may lose or gain even more weight due to water lost or gained with the fat . . . or less, according to salt, sugar and starches in your diet. Eating 1,000 calories less or more each day, than your ideal weight requirements, means that you should reduce or gain 4.2 oz. per day . . . approximately 2 lbs. per week.

Introducing the CALORIE COUNTER



Now, all you have to do is add up the number of calories consumed at each meal, using the *Calorie Counter Tables* that follow. Jot down the total for each meal on the chart on the inside back cover of this book . . . and add the three meals up for the grand daily total.



If this total is too high for reducing diets (Or too low for gaining programs) make the necessary adjustments.



Remember that your body needs all kinds of vitamins and minerals . . . so balance your diet by varying your foods each day. Do not specialize on one kind of diet. By selecting a great variety of foods, you make sure that the body gets an opportunity to obtain the vitamins and minerals it requires for building, maintenance and repair.



FOR PROTEIN . . .

Keep your intake of *Proteins* high . . . such as eggs, meat, milk products, fish and poultry.



FOR VITAMINS . . .

Eat many kinds . . . and all you can take of Low Calorie Vegetables. (Refer to Pages 40 & 41 for vitamin Chart.)



AVOID CARBOHYDRATES & FATS . . .

Go extra easy on sweets and starches . . . fats and oils . . . if you are anxious to lose weight. Increase the use of fats and oils if you are trying to gain weight.

ALCOHOLIC BEVERAGES

Caloric values may vary slightly on many alcoholic beverages, because of vintages, aging and proof. However, these variations are very slight and of little importance in a reducing regimen. This is more important. You must discontinue your liquor consumption if you want to reduce your weight. Mixed drinks, especially cocktails, will show greater variations according to the ingredients used and the recipe of the bartender. If your particular drink is not listed, try to locate one that may be similar.

	<i>Glass</i>	<i>Calories</i>
Ale.....	8 oz. beer.....	150
Alexander Cocktail, Brandy.....	3 oz. cocktail.....	185
Alexander Cocktail, Gin.....	3 oz. cocktail.....	180
Anisette.....	1 oz. cordial.....	80
Apple Jack.....	1 oz. pony.....	100
B & B.....	1 oz. pony.....	80
Beer, Bock.....	8 oz. beer.....	175
Beer, Half & Half.....	8 oz. beer.....	135
Beer, Lager.....	8 oz. beer.....	125
Benedictine.....	1 oz. cordial.....	80
Brandy, Apricot.....	1 oz. cordial.....	75
Brandy, California.....	1 oz. cordial.....	70
Brandy Cocktail.....	3 oz. cordial.....	70
Brandy, Imported.....	1 oz. cordial.....	75
Brandy Sour.....	6 oz. delmonico.....	155
Brandy Toddy.....	6 oz. old fashion.....	140
Bronx Cocktail.....	3 oz. cocktail.....	105
Buttered Rum (Hot) Toddy.....	8 oz. T. & J. mug.....	350
Canadian Whiskey.....	1 oz. pony.....	100
Canadian Whiskey Highball.....	8 oz. highball.....	175
Chablis.....	4 oz. wine.....	140
Champagne.....	6 oz. champagne.....	165
Champagne Cocktail.....	6 oz. deep V.....	175
Chartreuse.....	1 oz. cordial.....	85
Cherry Herring.....	1 oz. cordial.....	100
Claret Wine.....	4 oz. wine.....	125
Cognac.....	1 oz. pony.....	75
Creme de Cocoa.....	1 oz. cordial.....	95
Creme de Menthe.....	1 oz. cordial.....	90
Creme de Menthe Frappe.....	3 oz. cocktail.....	120
Cuba Libre.....	10 oz. tom collins.....	205
Daiquiri.....	3 oz. cocktail.....	180
Dubonnet.....	3 oz. cocktail.....	155
French '75.....	8 oz. highball.....	280
Gin.....	1½ oz. jigger.....	112
Gin.....	1 oz. pony.....	75
Gin Buck.....	10 oz. highball.....	165
Gin Collins.....	10 oz. tom collins.....	155
Gin Fizz.....	10 oz. highball.....	165
Gin Rickey.....	10 oz. highball.....	140
Grasshopper.....	3 oz. cocktail.....	235
Horse's Neck.....	10 oz. tom collins.....	190
Irish Whiskey.....	1 oz. pony.....	100

ALCOHOLIC BEVERAGES

	<i>Glass</i>	<i>Calories</i>
Jack Rose.....	3 oz. cocktail.....	145
Kummel.....	1 oz. cordial.....	80
Manhattan.....	3 oz. cocktail.....	260
Martini (dry).....	3 oz. cocktail.....	200
Martini (sweet).....	3 oz. cocktail.....	190
Mint Julep.....	10 oz. tom collins.....	355
Orange Blossom.....	3 oz. cocktail.....	165
Pink Lady.....	3 oz. cocktail.....	170
Planter's Punch.....	10 oz. tom collins.....	365
Port.....	4 oz. wine.....	135
Riessling.....	4 oz. wine.....	145
Rhine Wine.....	4 oz. wine.....	150
Rob Roy.....	3 oz. cocktail.....	230
Rum Collins.....	10 oz. tom collins.....	175
Rum Fizz.....	8 oz. highball.....	125
Rum, Jamaica.....	1 oz. pony.....	100
Rum Punch.....	8 oz. punch cup.....	300
Rye Highball.....	8 oz. highball.....	175
Rye Whiskey.....	1 oz. pony.....	100
Sauterne (sweet).....	4 oz. wine.....	95
Sazerac.....	3 oz. cocktail.....	180
Scotch Manhattan.....	3 oz. cocktail.....	235
Scotch Mist.....	6 oz. old fashion.....	85
Scotch & Soda.....	8 oz. highball.....	90
Scotch Whiskey.....	1 oz. pony.....	85
Sherry.....	2½ oz. Sherry.....	95
Sidecar.....	3 oz. cocktail.....	150
Singapore Sling.....	8 oz. highball.....	175
Sloe Gin.....	1 oz. pony.....	55
Sloe Gin.....	1½ oz. jigger.....	85
Sloe Gin Collins.....	10 oz. tom collins.....	170
Sloe Gin Fizz.....	8 oz. highball.....	155
Sloe Gin Rickey.....	10 oz. highball.....	150
Stinger.....	3 oz. cocktail.....	185
Stout.....	8 oz. beer.....	140
Tom Collins.....	10 oz. tom collins.....	155
Tom & Jerry.....	8 oz. T & J mug.....	335
Vermouth (dry or French).....	4 oz. wine.....	105
Vermouth (sweet or Italian).....	4 oz. wine.....	175
Vodka.....	1½ oz. jigger.....	180
Vodka.....	3 oz. cocktail.....	200
Ward Eight.....	8 oz. stem.....	230
Whiskey Cocktail.....	1½ oz. whiskey.....	155
Whiskey Fizz.....	8 oz. highball.....	160
Whiskey Highball.....	8 oz. highball.....	175
Whiskey Sour.....	3 oz. cocktail.....	200
Wine, Sour.....	4 oz. wine.....	95
Wine, Sweet.....	4 oz. wine.....	130
Zinfandel.....	4 oz. wine.....	85
Zombi.....	14 oz.....	510

BEVERAGES

	Quantity	Calories
Buttermilk.....	8 oz. glass.....	90
Buttermilk, Cultured.....	8 oz. glass.....	85
Carbonated Soda, Sweet.....	8 oz. glass.....	105
Carbonated Water (Seltzer).....	8 oz. glass.....	5
Cherry Soda.....	8 oz. glass.....	80
Chocolate Milk, All Milk.....	8 oz.....	185
Chocolate Milk, Skimmed.....	8 oz. glass.....	110
Chocolate Milk, 1/2 Water - 1/2 Milk.....	8 oz. glass.....	105
Cider, Apple, Sweet.....	8 oz. glass.....	115
Cider, Apple, Fermented.....	8 oz. glass.....	95
Cocoa, All Milk, Whole.....	8 oz. cup.....	178
Cocoa, Skimmed Milk.....	8 oz. cup.....	106
Cocoa, 1/2 Water - 1/2 Milk.....	8 oz. cup.....	100
Cocoa Powder, Dry.....	3 tablespoons.....	65
Cocoa Powder, Dry & 1/2 Dry Milk....	3 tablespoons.....	135
Cocoa Powder, Dry & Milk & Sugar..	3 tablespoons.....	205
Cocoa Malt, Milk Used As Directed.....	8 oz. glass.....	280
Coconut Milk.....	8 oz. glass.....	60
Coffee, Black.....	8 oz. cup.....	0

(Add the following calories for each tablespoon of milk or cream used: Evaporated Milk, Unsweetened-22; Condensed Milk, Sweetened-62; Cream, Light-30; Cream, Heavy-50; Milk, Skimmed-6; Milk, Whole-10. Add 16 calories for each teaspoon of sugar used.

Cola Type Beverages.....	8 oz. glass.....	105
Cream Soda.....	8 oz. glass.....	105
Dextro-Maltose.....	1 tablespoon.....	40
Egg & Fruit Punch.....	8 oz. glass.....	275
Eggnog, All Milk (1 Egg).....	8 oz. glass.....	270
Fruit Punch.....	8 oz. glass.....	200
Ginger Ale, Pale Dry.....	8 oz. glass.....	100
Grape Soda.....	8 oz. glass.....	100
Ice Cream Soda, Artificial Flavors...	1 fountain serving.....	300
Ice Cream Soda, Chocolate Flavor..	1 fountain serving.....	320
Ice Cream Soda, Fresh Fruit Flavors..	1 fountain serving.....	310
Kaffee Hag.....	8 oz. cup.....	0
(If you use cream and/or sugar, refer to "Coffee" above)		
Lemonade.....	8 oz. glass.....	100
Lemon Soda.....	8 oz. glass.....	95
Malted Milk, Chocolate Shake.....	1 fountain serving.....	305
Malted Milk, Chocolate Ice Cream..	1 fountain serving.....	600
Malted Milk, Dry Powder.....	1 tablespoon.....	50
Malted Milk, Misc. Flavors, Shakes..	1 fountain serving.....	300
Malted Milk, Misc. Fla. & Ice Cr...	1 fountain serve.....	595
Milk, Acidophilus.....	8 oz. glass.....	100
Milk, Butter.....	8 oz. glass.....	90
Milk, Butter-Cultured.....	8 oz. glass.....	85

BEVERAGES — Continued

	Quantity	Calories
Milk, Chocolate - All Milk.....	8 oz. glass.....	185
Milk, Chocolate - Skimmed.....	8 oz. glass.....	110
Milk, Chocolate - $\frac{1}{2}$ Water, $\frac{1}{2}$ Milk.....	8 oz. glass.....	105
Milk, Condensed, Sweetened.....	1 tablespoon.....	62
Milk, Dried, Non-Fat (Skimmed)....	1 tablespoon.....	30
Milk, Dried, Whole.....	1 tablespoon.....	40
Milk, Evaporated, $\frac{1}{2}$ Water.....	8 oz. glass.....	170
Milk, Fat Free, Skimmed.....	8 oz. glass.....	85
Milk, Goat's.....	8 oz. cup.....	165
Milk, Grade A - Whole.....	8 oz. glass.....	165
Milk, $\frac{1}{2}$ Milk, $\frac{1}{2}$ Cream.....	8 oz. glass.....	330
Milk, Reindeer.....	$\frac{1}{2}$ cup, 4 oz.....	98
Milk, Sheep's.....	$\frac{1}{2}$ cup, 4 oz.....	110
Milk, Skimmed.....	8 oz. glass.....	85
Milk, Soy Bean.....	8 oz. glass.....	75
Milk, Top.....	$\frac{1}{2}$ cup, 4 oz.....	240
Milk, Whole Dry, Reconstituted....	8 oz. glass.....	160
Milk, Whole Dry (As Packaged)....	1 tablespoon.....	40
Milk, Whole, Grade A.....	8 oz. glass.....	165
Orange Juice, Canned-Sweetened..	8 oz. glass.....	135
Orange Juice, Canned-Unsweetened.	8 oz. glass.....	110
Orange Juice, Concentrate-Canned..	1 tablespoon.....	16
Orange Juice, Conc. Can. - Diluted. 1 to 7..	8 oz. glass....	36
Orange Juice, Conc. Frozen - Undiluted....	1 tablespoon....	10
Orange Juice, Conc. Frozen - Diluted 1 to 3..	8 oz. glass....	42
Orange Juice, Fresh.....	8 oz. glass.....	108
Orange Soda.....	8 oz. glass.....	95
Orangeade.....	8 oz. glass.....	100
Ovaltine, All Milk.....	8 oz. glass.....	240
Ovaltine, Skimmed Milk.....	8 oz. glass.....	175
Ovaltine, $\frac{1}{2}$ Water, $\frac{1}{2}$ Milk.....	8 oz. glass.....	105
Papaya Juice Ade.....	8 oz. glass.....	70
Pineapple Juice Ade.....	8 oz. glass.....	95
Postum, Black.....	8 oz. cup.....	0
(If you use cream and/or sugar, refer to "Coffee" in this list.)		
Root Beer.....	8 oz. glass.....	100
Sarsaparilla.....	8 oz. glass.....	100
Seltzer (Carbonated Water).....	8 oz. glass.....	5
Sodas, Ice Cream - Artif. Flavors....	1 fountain serving.....	300
Sodas, Ice Cream - Chocolate.....	1 fountain serving.....	320
Sodas, Ice Cream-Fresh Fruit Flavors..	1 fountain serving.....	310
Soy Bean Milk.....	8 oz. glass.....	75
Tea (No Cream & Sugar).....	8 oz. cup.....	0
(If you use cream and/or sugar, refer to "Coffee" in this list.)		
Tea (With Lemon).....	8 oz. cup.....	2

BREADSTUFFS

BISCUITS AND BUNS

	Quantity	Calories
Bagels.....	1 medium size.....	125
Baking Powder.....	2 1/2" diameter.....	130
Cinnamon.....	2 1/2" square.....	140
Plain.....	2 3/4" diameter.....	125
Plain (With Enriched Flour).....	2 3/4" diameter.....	135
Parkerhouse.....	2 3/4" diameter.....	125

BREADS

	Quantity	Calories
Boston Brown (Unenriched Flour)....	3" x 4" x 3/8" slice.....	105
Boston Brown (Degermed Meal)....	3" x 4" x 3/8" slice.....	100
Bran.....	3" x 4" x 1/2" slice.....	75
Bread Crumbs, Dry & Grated.....	1/2 cup, 4 oz.....	170
Brown Nut Bread.....	3" x 4" x 3/8" slice.....	100
Cinnamon Toast (White Bread)....	4" x 4 1/2" x 1/2" slice... 130	
Corn.....	2" x 2 1/2" x 1 1/2" sq....	105
Cracked Wheat.....	3" x 4" x 1/2" slice.....	80
Cracked Wheat, Toasted.....	3" x 4" x 1/2" slice.....	76
Croutons (Toasted White).....	1/2" cubes, each.....	5
Date & Nut.....	3" x 4" x 3/8" slice.....	105
French.....	3" x 3 1/2" oval x 1/2"....	55
French, Toasted.....	3" x 3 1/2" oval x 1/2"....	53
Ginger.....	2" x 2" x 1 1/2" square... 180	
Gluten.....	3" x 4" x 3/8" slice.....	35
Graham.....	3" x 4" x 3/8" slice.....	75
Italian (White).....	3" x 3 1/2" oval x 1/2"....	52
Italian (White) Toasted.....	3" x 3 1/2" oval x 1/2"....	50
Melba Toast.....	3 1/2" x 1 1/2" x 1/4" slice. 20	
Protein.....	3" x 4" x 3/8" slice.....	30
Pumpernickel.....	3 1/2" x 4 1/2" oval x 3/8". 82	
Pumpernickel.....	3 1/2" x 3 1/2" x 1/8" slice. 25	
Raisin.....	3" x 4" x 1/2" slice.....	80
Raisin, Toasted.....	3" x 4" x 1/2" slice.....	76
Rye.....	3 1/2" x 4 1/2" oval x 3/8". 57	
Rye, Toasted.....	3 1/2" x 4 1/2" oval x 3/8". 55	
Rye Krisp.....	3 1/2" x 2" wafer.....	16
Short Bread.....	1 3/4" x 1 3/4" square.... 40	
Soya.....	3" x 4" x 3/8" slice.....	65
Swedish Health.....	2" square.....	50
Vienna.....	3" x 3 1/2" oval x 1/2"....	55
White (2% Non-Fat Solids).....	4" x 4 1/2" x 1/2" slice... 64	
White (4% Non-Fat Solids).....	4" x 4 1/2" x 1/2" slice... 63	
White (6% Non-Fat Solids).....	4" x 4 1/2" x 1/2" slice... 62	
White, Enriched.....	4" x 4 1/2" x 1/2" slice... 65	
White, Enriched - Toasted.....	4" x 4 1/2" x 1/2" slice... 63	
Whole Wheat.....	4" x 4 1/2" x 1/2" slice... 55	
Whole Wheat, Toasted.....	4" x 4 1/2" x 1/2" slice... 53	
Whole Wheat Raisin.....	4" x 4 1/2" x 1/2" slice... 60	
Whole Wheat Raisin, Toasted.....	4" x 4 1/2" x 1/2" slice... 58	
Zwiebach.....	3 1/2" x 1 1/2" x 1/4" piece 20	

BREADSTUFFS — Continued

CAKES

(Also refer to section on "Desserts, Cakes and Pastries" for other listings that may not be found here.)

	Quantity	Calories
Almond Cake.....	3" x 2" x $\frac{3}{4}$ " piece.....	175
Apple Crumb.....	3" x 4" x 1" piece.....	170
Butter Cake.....	3" x $3\frac{1}{2}$ " x $\frac{1}{2}$ " piece..	200
Caramel (With Icing).....	3" x $3\frac{1}{2}$ " x $\frac{1}{2}$ " piece..	210
Chocolate.....	3" x $3\frac{1}{2}$ " x $\frac{1}{2}$ " piece..	150
Chocolate (With Icing).....	3" x $3\frac{1}{2}$ " x $\frac{1}{2}$ " piece..	190
Coffee.....	3" x 2" x $\frac{3}{4}$ " piece.....	150
Fruit.....	2" x 2" x $\frac{1}{2}$ " piece.....	105
Ginger.....	2" x 2" x $\frac{1}{2}$ " piece.....	100
Gold.....	3" x 2" x $1\frac{1}{2}$ " piece...180	
Griddle.....	(See "Pancakes" below)	
Popovers.....	3" diameter.....	60
Pound.....	$2\frac{3}{4}$ " x 3" x $\frac{5}{8}$ " piece..	130
Sunshine.....	3" x 2" x $1\frac{1}{2}$ ".....	180
Waffles.....	$4\frac{1}{2}$ " x $5\frac{5}{8}$ " x $\frac{1}{2}$ " sq...215	

COOKIES

(Also refer to "Desserts, Cookies" for additional listings.)

	Quantity	Calories
Arrowroot.....	$2\frac{1}{2}$ " diameter.....	50
Boston.....	2" squares.....	25
Brownies.....	2" x 2" x $\frac{3}{4}$ ".....	135
Butter.....	2" diameter.....	42
Chocolate.....	2" diameter.....	50
Chocolate Chip.....	2" diameter.....	40
Chocolate Marshmallow.....	2" diameter.....	80
Cookies, Plain or Assorted.....	3" diameter (Average)..	109
Dasheens.....	2" x $2\frac{1}{2}$ " square.....	80
Date.....	$2\frac{1}{2}$ " diameter.....	50
Fig Newton (Large).....	$1\frac{3}{4}$ " x 2" x $\frac{1}{2}$ ".....	87
Fig Newton (Small).....	$1\frac{1}{2}$ " x $1\frac{5}{8}$ " x $\frac{3}{8}$ ".....	56
Ginger Snaps.....	3" diameter.....	50
Graham Crackers (Medium).....	$3\frac{1}{2}$ " square.....	25
Graham Crackers (Small).....	$2\frac{1}{2}$ " square.....	14
Graham Crackers, Chocolate Cov...215	$2\frac{1}{2}$ " square.....	45
Hermit.....	2" diameter.....	35
Lorna Doone.....	2" x 2" square.....	35
Macaroons, Almond.....	$2\frac{1}{2}$ " diameter.....	50
Macaroons, Coconut.....	$2\frac{1}{2}$ " diameter.....	55
Nabisco.....	$2\frac{1}{2}$ " x 1" x $\frac{3}{8}$ ".....	27
Oatmeal.....	3" diameter.....	40
Peanut.....	$2\frac{1}{2}$ " diameter.....	55
Plain or Assorted.....	3" dia. (average).....	109
Social Tea.....	$2\frac{1}{4}$ " x $1\frac{1}{2}$ " oblong....	22
Soya.....	$1\frac{1}{2}$ " square.....	10
Sugar.....	$3\frac{1}{2}$ " diameter.....	45

BREADSTUFFS — Continued

CRACKERS

	Quantity	Calories
Animal.....	6 pieces.....	50
Butter.....	2" diameter.....	20
Cheese.....	2" square.....	25
Croutons, Toasted.....	1/2" cube.....	5
Matzoth.....	4" x 8" square pc.....	50
Melba.....	3 1/2" x 1 1/2" x 1/4".....	20
Oatmeal.....	3" diameter.....	40
Oyster.....	10 small pieces.....	43
Pretzels (Small Twist).....	7 pieces.....	50
Pretzels (Regular Twist Size).....	3 pieces.....	50
Pretzel Sticks.....	7 pieces.....	18
Ritz.....	2" diameter.....	12
Rusk, Holland.....	3 1/4" diameter.....	50
Rye Krisp.....	3 1/2" x 2" wafer.....	16
Rye Wafers.....	3 1/4" x 1 3/4" oblong....	15
Rye Wafers.....	1 7/8" x 3 1/2".....	22
Saltines.....	2" square.....	18
Soda (Medium).....	2 1/2" square.....	24
Soda (Small).....	2" diameter.....	22
Swedish Health Bread.....	2" square.....	50
Water.....	3 1/2" square.....	30
Whole Wheat.....	2 3/4" x 2" square.....	35

MUFFINS

	Quantity	Calories
Baking Powder.....	2 1/2" diameter.....	130
Blueberry.....	2 1/2" diameter.....	100
Bran.....	3 1/2" diameter.....	80
Corn.....	2" x 2 1/2" x 1 1/2" square.....	105
Cornmeal.....	2 3/4" diameter.....	135
Date.....	2 3/4" diameter.....	140
Egg.....	2 1/2" diameter.....	75
English, Toasted.....	3 1/2" diameter.....	125
Plain.....	2 3/4" diameter.....	135
Raisin.....	3 1/2" diameter.....	130
Rye.....	2 3/4" diameter.....	135
White, Plain.....	2 3/4" diameter.....	135
Whole Wheat.....	2 3/4" diameter.....	130

ROLLS

	Quantity	Calories
Bagels.....	1 medium size.....	125
Cinnamon.....	2 1/2" square.....	140
Frankfurter.....	6" x 1 3/4" diameter.....	160
French Hard.....	3 1/2" diameter.....	100
Hamburger.....	3 1/2" diameter.....	155
Hot Dog.....	6" x 1 3/4" diameter.....	160
Onion.....	4" diameter.....	150
Parker House.....	2 3/4" diameter.....	125
Plain.....	2 3/4" diameter.....	125
Protein.....	3 1/2" diameter.....	35
Sweet.....	3 1/2" diameter.....	135

CANDIES

	<i>Quantity</i>	<i>Calories</i>
Almond Joy.....	10¢ bar.....	218
Bar, Average.....	2 oz. 5¢ bar....	240 to 275
Bon Bons.....	1" round pc.....	75
Butterscotch.....	1" square pc.....	75
Candy Bar, Average.....	2 oz. 5¢ bar....	240 to 275
Candy, Hard.....	1 ounce.....	110
Caramels, Plain.....	1" sq. pc. (1 oz.).....	120
Caramels, with Nuts.....	1" sq. pc. (1 oz.).....	130
Cherries, Candied, Choc. Covered....	1" sq. pc.....	125
Chocolate Bar, Plain.....	2 oz. 5¢ bar....	240 to 275
Chocolate Bar, with Nuts.....	2 oz. 5¢ bar....	260 to 315
Chocolate, Bitter.....	1 oz. bar.....	140
Chocolate Creams.....	1 oz. piece.....	110
Chocolate Fudge.....	1 oz. piece.....	115
Chocolate Mints, Cream.....	1 oz. piece.....	110
Chocolate Nut Caramels.....	1" sq. pc (1 oz.).....	130
Chocolate, Semi-Sweet.....	1 oz. bar.....	145
Chocolate, Sweet Milk.....	1 oz. piece.....	155
Chocolate, Sweet Milk, with Nuts....	1 oz. piece.....	170
Chocolate, Unsweetened.....	1 oz. piece.....	140
Citron Candy.....	1 oz. piece.....	90
Clark Bar.....	5¢ bar.....	126
Coconut Creams.....	1" square pc.....	100
Coconut, Dried and Shredded.....	1 oz. portion.....	43
Cough Drops.....	1 average pc.....	10
Date Creams.....	1 oz. piece.....	115
Dates, Pitted.....	1 oz. piece.....	40
Dates, Stuffed, Nuts.....	1 oz. piece.....	48
Dates, Unpitted.....	1 oz. piece.....	32
Divinity Fudge.....	1 oz. piece.....	115
Fifth Avenue.....	5¢ bar.....	116
Fondant Candy.....	1 oz. piece.....	105
Fruit Drops.....	3 med. pieces.....	100
Fudge, Chocolate.....	1 oz. square.....	115
Fudge, Chocolate, with Nuts.....	1 oz. square.....	120
Ginger Root, Crystallized.....	1 oz. piece.....	97
Glazed Fruit.....	1 oz. piece.....	95
Grapefruit Peel Candy.....	1 oz. piece.....	90
Gum, Candy Coated.....	2 aver. pieces.....	35
Gum, Chewing.....	1 stick.....	25
Gum Drops.....	1 lg. piece.....	35
Gum Drops (Small).....	5 sm. pieces.....	25
Halvah.....	1 1/8 oz. piece.....	116
Hard Candy.....	1 ounce.....	110
Hershey Milk Choc., Plain.....	5¢ bar.....	115
Hershey Milk Choc., Plain.....	10¢ bar.....	240
Hershey Milk Choc., with Almonds.	5¢ bar.....	120

CANDIES — Continued

Quantity

Calories

Hershey Milk Choc., with Almonds.	10¢ bar	265
Hershey Kisses	5 pieces (1 oz.)	100
Jelly Beans	6 pieces	50
Lemon Drops	1 round pc.	15
Lemon Peel Candy	1 oz. piece	90
Life Savers, All Flavors	1 pc. with hole	5
Life Savers, All Flavors	1 pc. solid	10
Lollipops	1 oz. size	108
Maple Sugar	1 3/4" x 1 1/4" x 1/2"	105
Mars Candy Bar	5¢ bar	168
Mars, Forever Yours	5¢ bar	140
Mars, Milky Way	5¢ bar	138
Mars, Snickers	5¢ bar	135
Mars, Three Muskateers	5¢ bar	165
Marshmallows, Chocolate	1 ounce	105
Marshmallows, Plain	1 ounce	90
Mints, After Dinner, Chocolate	1 1/2" dia. piece	90
Mints, After Dinner, Chocolate	3" dia. pc (1 oz.)	110
Mints, After Dinner, Plain	1/2" dia. piece	10
Molasses Kisses	1 aver. piece	25
Mounds	10¢ bar	238
Nestle's Milk Choc., Plain	5¢ bar	115
Nestle's Milk Choc., with Almonds	5¢ bar	105
Nestle's Milk Choc., Crunch	5¢ bar	107
Nougats, Plain	1" sq. pc (1 oz.)	115
Nougats, with Nuts	1" sq. pc (1 oz.)	125
Oh Henry	5¢ bar	142
Orange Drops	1 round piece	15
Orange Peel Candy	1 oz. piece	90
Peanut Bar, Average	2 oz. 5¢ bar	245 to 290
Peanut Brittle	1 oz. piece	125
Peppermint Patty, Choc., Cov.	1 1/2" dia. piece	90
Peppermint Patty, Choc. Cov.	3" dia. piece	110
Pepper Stick	1 oz. piece	95
Popcorn, Crackerjack	1 box	250
Popcorn, Plain	1 cup	65
Popcorn Balls	2 1/2" oz. ball	100
Power House	5¢ bar	116
Praline	3" dia. piece	300
Sour Balls, Hard	1 aver. piece	20
Taffy, Salt Water	1 aver. kiss	50
Taffy, Turkish	1 aver. kiss	35
Taffy, Turkish	5¢ bar	140
Toffee, Coffee	1 sm. piece	20
Toffee, English	1 sm. piece	25
Tootsie Roll	5¢ roll	110
Turkish Delight	1" sq. piece	20
Turkish Taffy	5¢ bar (1 3/8 oz.)	140

CEREALS

	Quantity	Calories
All-Bran.....	8 oz. cup.....	145
Bran Flakes (40% Bran).....	8 oz. cup.....	115
Bran, Raisin.....	8 oz. cup.....	149
Bran, Whole Cereal.....	8 oz. cup.....	150
Breakfast Food, Mixed Corn-Soy		
Grits.....	8 oz. cup.....	178
Cereals, Cooked, Average.....	8 oz. cup.....	225
Cereal Food, Infant, Dry - Prec'k'd..	1 oz. portion.....	105
Cheerios Cereal.....	8 oz. cup.....	98
Corn Flakes.....	8 oz. cup.....	95
Corn Soya.....	8 oz. cup.....	125
Cracked Wheat.....	8 oz. cup.....	155
Cream of Wheat, Cooked.....	8 oz. cup.....	110
Farina, Cooked.....	8 oz. cup.....	105
Force.....	8 oz. cup.....	180
Grapenuts.....	8 oz. cup.....	400
Hominy Grits, Cooked.....	8 oz. cup.....	122
Kix Cereal.....	8 oz. cup.....	128
Krispies.....	8 oz. cup.....	136
Krumbles.....	8 oz. cup.....	142
Oat Cereal, Ready-to-Eat.....	8 oz. cup.....	100
Oatmeal, Cooked.....	8 oz. cup.....	148
Oatmeal, Infant, Dry-Precooked.....	1 oz. portion.....	106
Pablum Cereal.....	1/2 cup - 4 oz.....	90
Pep Cereal.....	8 oz. cup.....	125
Post Toasties Cereal.....	8 oz. cup.....	110
Puffed Rice.....	8 oz. cup.....	55
Ralston Health Cereal.....	8 oz. cup.....	200
Ralston, Hot or Instant, Uncooked..	1/2 cup - 4 oz.....	95
Rice Flakes.....	8 oz. cup.....	120
Rice Krispies.....	8 oz. cup.....	125
Rolled Oatmeal, Cooked.....	8 oz. cup.....	148
Rolled Oatmeal, Infant, Dry - Precd..	1 oz. portion.....	106
Rolled Oats Cereal, Ready-to-Eat..	8 oz. cup.....	100
Roman Meal.....	1/2 cup — 4 oz.....	135
Rye Flakes.....	8 oz. cup.....	125
Scotch Oatmeal, Cooked.....	8 oz. cup.....	150
Shredded Wheat, Biscuit.....	2 1/2" x 2" sq.....	78
Shredded Wheat, Biscuit.....	3" round.....	85
Shredded Wheat, Biscuit.....	1 oz. piece.....	100
Shredded Wheat, Malt Added.....	8 oz. cup shreds.....	200
Shredded Wheat, Ralston, Bite Size..	8 oz. cup.....	213
Soy Bean Grits, Medium Fat.....	8 oz. cup.....	365
Tortillas.....	5" dia.....	50
Triscuits.....	1 aver. piece.....	100
Wheat Flakes.....	8 oz. cup.....	125
Wheat Germ, Stirred.....	8 oz. cup.....	246
Wheat Meal, Cereal, Cooked.....	8 oz. cup.....	175
Wheat, Puffed.....	8 oz. cup.....	45
Wheat, Rolled, Cooked.....	8 oz. cup.....	175
Wheatena, Cooked.....	8 oz. cup.....	120
Wheaties Cereal.....	8 oz. cup.....	125
Whole Meal, Cooked.....	8 oz. cup.....	175
Whole Meal, Cook. w/Wheat Germ.....	8 oz. cup.....	133

COCKTAILS — APPETIZERS

(Condiments, Sauces and Oils used in cocktails not included in calorie count as listed herewith. These must be added as used.)

	Quantity	Calories
Anchovy Canape.....	6 small fillets.....	65
Apple, Baked.....	1 medium apple.....	76
Caviar.....	1 tablespoon — 1/2 oz..	35
Celery & Olives.....	2 stalks, 6 olives.....	70
Celery, Stuffed.....	2 med. pieces.....	75
Clams, Cherrystone.....	4 ounces meat.....	90
Clams, Little Neck.....	4 ounces meat.....	90
Clams, Steamers.....	4 ounces meat.....	85
Crab Meat, Canned.....	3 oz. portion.....	86
Crab Meat, Deviled.....	1 med. portion.....	200
Crab Meat, Fresh.....	3 oz. portion.....	90
Eels, Smoked.....	4 oz. portion.....	185
Egg, Poached in Jelly.....	1 med. egg.....	100
Eggs, Stuffed.....	2 halves.....	125
Fruit, Canned.....	3/4 cup - 6 oz.....	135
Fruit, Fresh.....	3/4 cup - 6 oz.....	85
Gefuelte Fish.....	4 oz. portion.....	75
Ham, Prosciutto.....	1 1/2 oz. portion.....	170
Herring, Kipperd.....	4 oz. portion.....	240
Herring, Pickled.....	4 oz. portion.....	102
Herring & Sour Cream.....	4 oz. portion.....	245
Hors d'Oeuvres, Cold.....	4 oz. portion.....	270
Hors d'Oeuvres, Hot.....	4 oz. portion.....	310
Liver, Chicken, Chopped.....	3 oz. portion.....	155
Lobster, Canned.....	3 oz. portion.....	80
Lobster, Fresh.....	3 oz. portion.....	75
Lox (Nova Scotia Smoked).....	3 oz. portion.....	285
Olives, Green.....	10 mammoth size.....	72
Oysters, Bluepoint.....	6 to 9 medium.....	100
Oysters, Cape Cod.....	5 to 8 medium.....	100
Pate Maison (Recipe Varies).....	3 oz. portion.....	130 to 280
Salami.....	4 thin slices.....	100
Salmon, Smoked Nova Scotia.....	3 oz. portion.....	285
Sardines, Natural Pack.....	3 oz. portion.....	171
Sardines, Tomato Sauce.....	3 oz. portion.....	184
Sardines, w/Oil - Drained Solids.....	3 oz. portion.....	180
Sardines, w/Oil & Solids.....	3 oz. portion.....	288
Shad Roe.....	2 oz. portion.....	100
Shrimps, Canned, Drained.....	3 oz. portion.....	110
Shrimps, Canned, Solids & Liquids.....	3 oz. portion.....	76
Shrimps, Fresh (6 Medium).....	3 oz. portion.....	75
Smelts.....	2 small size.....	50
Snails Bourguignonne.....	6 medium size.....	100
Sturgeon, Smoked.....	2 1/2 oz. portion.....	100
Trout, Brook, Smoked.....	3 oz. portion.....	100
Trout, Lake, Smoked.....	3 oz. portion.....	110
Tuna, Canned - Drained.....	3 oz. portion.....	170
Tuna, Canned, w/Oil (Wet Pack).....	3 oz. portion.....	247
Tuna, Fresh.....	3 oz. portion.....	150
Tuna, Smoked.....	2 1/2 oz. portion.....	125

CONDIMENTS AND SAUCES

(Also refer to "Fats and Oil" and "Sugars, Syrups and Jams" for other types of sauces not contained herein.)

	Quantity	Calories
A-1 Sauce.....	1 tablespoon.....	25
Bacon & Vinegar Salad Dressing...	2 tablespoons.....	58
Boiled Dressing.....	1 tablespoon.....	28
Catsup, Tomato.....	1 tablespoon.....	17
Cherry Sauce.....	1 tablespoon.....	25
Chili Sauce.....	1 tablespoon.....	17
Cranberry Sauce.....	2 tablespoons.....	68
Cream Sauce.....	1 tablespoon.....	35
Creole Sauce.....	¼ cup - 4 fl. oz.....	100
Creole Sauce.....	1 tablespoon.....	25
French Diet Dressing.....	1 tablespoon.....	25
French Dressing.....	1 tablespoon.....	60
Fruit Gelatin Dressing.....	2 tablespoons.....	15
Garlic Sauce, w/Butter.....	1 tablespoon.....	100
Garlic Sauce, w/Water.....	1 tablespoon.....	none
Gravy, Thick.....	1 tablespoon.....	50
Gravy, Thin.....	1 tablespoon.....	35
Hard Sauce.....	1 tablespoon.....	45
Hollandaise Sauce.....	1 tablespoon.....	100
Home Cooked Salad Dressing.....	1 tablespoon.....	42
Horse Radish.....	1 teaspoon.....	1
Lemon Sauce.....	1 tablespoon.....	25
Marmalade.....	1 tablespoon.....	55
Mayonnaise.....	1 tablespoon.....	92
Mayonnaise, Commercial Dressing.....	1 tablespoon.....	58
Mayonnaise, Diet Dressing.....	1 tablespoon.....	35
Molasses, Cane - Black Strap.....	1 tablespoon.....	43
Molasses, Cane - Light.....	1 tablespoon.....	50
Oils, Salad or Cooking.....	1 tablespoon.....	124
Oleomargarine.....	1 tablespoon.....	101
Olive Oil.....	1 tablespoon.....	110
Peanut Butter.....	1 tablespoon.....	92
Peanut Oil.....	1 tablespoon.....	108
Plum Pudding Sauce.....	1 tablespoon.....	97
Pot Cheese.....	1 tablespoon.....	25
Roquefort Dressing.....	1 tablespoon.....	100
Russian Dressing.....	1 tablespoon.....	106
Salad Dressing, Home Cooked.....	1 tablespoon.....	42
Simple Syrup Sauce.....	1 tablespoon.....	100
Sour Cream Sauce.....	2 tablespoons.....	112
Soya Sauce.....	1 tablespoon.....	5
Tartar Sauce.....	1 tablespoon.....	68
Thousand Island Diet Dressing.....	1 tablespoon.....	50
Thousand Island Dressing.....	1 tablespoon.....	100
Tomato Sauce.....	1 tablespoon.....	5
Vinegar.....	1 tablespoon.....	2
Vinegar & Bacon Salad Dressing...	2 tablespoons.....	58
White Sauce.....	1 tablespoon.....	27
Wine Sauce.....	1 tablespoon.....	20
Worcestershire Sauce.....	1 tablespoon.....	24

DAIRY PRODUCTS

	Quantity	Calories
American Cheese.....	1 slice - 1 oz.....	100
American Cheese, Dry & Grated...	1 tablespoon.....	35
American Cheese, Fresh Grated...	1 tablespoon.....	30
Blue Cheese.....	1 tablespoon.....	52
Brie.....	1" sq. piece.....	100
Butter, Salt.....	1 tablespoon.....	100
Butter, Salt (Patty).....	1 patty.....	50
Butter, Sweet.....	1 tablespoon.....	100
Butter, Sweet (Patty).....	1 patty.....	50
Buttermilk.....	8 oz. glass.....	90
Buttermilk, Cultured.....	8 oz. glass.....	85
Camembert Cheese.....	1 triangle - 1 oz.....	85
Chateau Cheese.....	1 oz. piece.....	100
Cheddar Cheese.....	1" cube - 1 oz.....	113
Cheddar Cheese, Processed.....	1" cube - 1 oz.....	105
Cheese, American.....	1 slice - 1 oz.....	100
Cheese, Gruyere.....	1 slice — 1 oz.....	98
Cheese, Swiss Processed.....	1 slice — 1 oz.....	101
Cheese, Velveeta.....	1 slice — 1 oz.....	102
Choc. Milk, ½ - Milk, ½ - Water...	8 oz. glass.....	105
Chocolate Milk, All Milk.....	8 oz. glass.....	185
Chocolate Milk, Skimmed.....	8 oz. glass.....	110
Cocoa, ½ - Milk, ½ - Water.....	8 oz. cup.....	100
Cocoa, All Milk, Skimmed.....	8 oz. cup.....	106
Cocoa, All Milk, Whole.....	8 oz. cup.....	178
Cocoa, Powder with Dry Milk.....	3 tablespoons.....	135
Cocoa, Powder, Milk & Sugar.....	3 tablespoons.....	205
Cocoa Malt.....	8 oz. glass.....	280
Condensed Milk, Sweetened.....	1 tablespoon.....	62
Condensed Milk, Sweetened.....	8 oz. cup.....	981
Condensed Milk, Unsweetened.....	1 tablespoon.....	22
Cottage Cheese.....	8 oz. cup.....	215
Cottage Cheese.....	2 tablespoons.....	27
Cottage Cheese, Creamed.....	2 tablespoons.....	40
Cream Cheese.....	1 ounce.....	106
Cream Cheese.....	1 tablespoon.....	56
Cream, Coffee or Light.....	½ pint.....	489
Cream, Coffee or Light.....	1 tablespoon.....	30
Cream, Half & Half.....	2 tablespoons.....	48
Cream, Heavy.....	1 tablespoon.....	50
Cream, Light or Coffee.....	½ pint.....	489
Cream, Light or Coffee.....	1 tablespoon.....	30
Cream, Medium 30%.....	1 tablespoon.....	38
Cream, Sour.....	1 tablespoon.....	58
Cream, Whipped.....	1 pint volume.....	780
Cream, Whipping.....	1 tablespoon.....	49
Cream, Whipping (Appr. 1 pt. wh.)	½ pint.....	780
Dextro-Maltose & Dry Milk.....	1 tablespoon.....	40
Edam Cheese.....	1 oz. scoop.....	120
Eggnog.....	8 oz. glass.....	270
Evaporated Milk, Sweetened.....	1 tablespoon.....	62
Evaporated Milk, Unsweetened.....	1 tablespoon.....	22
Evaporated Milk, Unsweetened.....	8 oz. cup.....	346
Farmer Cheese.....	1 oz. piece.....	96

DAIRY PRODUCTS — Continued

	Quantity	Calories
Feta Cheese.....	1 ounce portion.....	88
Garganzola Cheese.....	1 oz. piece.....	100
Goat's Milk, Fluid.....	8 oz. glass.....	165
Grated Cheese, Dry.....	1 tablespoon.....	35
Grated Cheese, Fresh.....	1 tablespoon.....	30
Gruyere Cheese.....	1 slice — 1 oz.....	98
Liederkrantz Cheese.....	2 tablespoons.....	100
Limburger Cheese.....	2 tablespoons.....	97
Malted Milk, All Flavors.....	fountain size.....	300
Malted Milk, All Flavors & Ice Cr.....	fountain size.....	595
Malted Milk, Chocolate.....	fountain size.....	305
Malted Milk, Choc. & Ice Cream.....	fountain size.....	600
Malted Milk, Plain.....	fountain size.....	235
Milk, Acidophilus.....	8 oz. glass.....	100
Milk, Dry, Non-Fat Skimmed.....	1 tablespoon.....	30
Milk, Dry, Whole.....	1 tablespoon.....	40
Milk, Fat Free.....	8 oz. glass.....	85
Milk, ½ - Milk, ½ - Cream.....	8 oz. glass.....	330
Milk, ½ - Milk, ½ - Cream.....	8 oz. cup.....	330
Milk, ½ - Milk, ½ - Cream.....	1 quart.....	1322
Milk, Skimmed.....	8 oz. glass.....	85
Milk, Top.....	½ cup - 8 fl. oz.....	240
Milk, Whole, Dry.....	1 tablespoon.....	40
Milk, Whole, Grade A.....	8 oz. glass.....	165
Milk, Whole, Grade A.....	1 quart.....	654
Neufchatel Cheese.....	1 tablespoon.....	50
Old English Cheese Spread.....	2 tablespoons.....	100
Olive Pimento Spread.....	2 tablespoons.....	87
Ovaltine, ½ - Milk, ½ - Water.....	8 oz. glass.....	105
Ovaltine, Skimmed Milk.....	8 oz. glass.....	175
Ovaltine, Whole Milk.....	8 oz. glass.....	240
Parmesan Cheese.....	1 slice - 1 oz.....	100
Parmesan Cheese, Dry Grated.....	1 tablespoon.....	35
Parmesan Cheese, Fresh Grated.....	1 tablespoon.....	30
Pimento Cheese.....	2 tablespoons.....	102
Pot Cheese.....	1 tablespoon.....	28
Provolone Cheese.....	2 tablespoons.....	98
Reindeer Milk.....	½ cup, 8 fl. oz.....	98
Roquefort Cheese.....	1" square - 1 oz.....	87
Roquefort Cream Spread.....	2 tablespoons.....	102
Sheep's Milk.....	½ cup, 8 fl. oz.....	110
Sour Cream.....	1 tablespoon.....	58
Souffle, Cheese.....	½ cup - 4 oz.....	280
Soy Bean Milk.....	8 oz. glass.....	75
Swiss Cheese.....	1 slice - 1 oz.....	105
Swiss Cheese, Processed.....	1 slice — 1 oz.....	101
Swiss Gruyere Cheese.....	1 slice — 1 oz.....	98
Velveeta Cheese.....	1 slice - 1 oz.....	102
Welsh Rarebit.....	8 oz. cup.....	200
Yeast, Cake.....	1 ounce (compressed)...	24
Yeast, Dry, Brewer's.....	1 tablespoon.....	22
Yogurt.....	8 oz. cup.....	75

DESSERTS

(Also refer to "Breadstuffs" for other cakes, rolls, crackers and muffins not listed here. Refer also to "Fruits"; "Nuts"; "Sugars, Syrups and Jams" and to more suitable headings, for other types of foods that may be used for desserts.)

CAKES

	Quantity	Calories
Almond Coffee Cake.....	3" x 2" x 3/4" pc.....	175
Angel Food.....	1/12 of 8" dia.....	110
Apple Crumb.....	3" x 4" x 1" pc.....	170
Apple Turnover.....	1 med. piece.....	275
Butter Cake.....	3" x 3 1/2" x 1/2" pc.....	200
Caramel Cake.....	3" x 3 1/2" x 1/2" pc.....	175
Cheese.....	3" x 2" x 1 1/2" pc.....	300
Cheese, Pineapple.....	3" x 2" x 1 1/2" pc.....	310
Chocolate.....	3" x 3 1/2" x 1/2" pc.....	150
Chocolate, with Icing.....	3" x 3 1/2" x 1/2" pc.....	190
Chocolate Eclair (Cream).....	1 med. size pc.....	300
Chocolate Eclair (Custard).....	1 med. size pc.....	250
Chocolate Layer Cake (no Icing).....	2" x 2" x 1" pc.....	100
Chocolate Layer Cake (with Icing).....	1" x 1 1/2" x 1" pc.....	155
Chocolate Loaf.....	2" x 1 3/4" x 1" pc.....	150
Cocoanut.....	3" wedge.....	250
Coffee.....	3 1/2" wedge.....	258
Cup.....	1 3/4" dia.....	161
Cup.....	2" x 2" x 1" sq.....	129
Devil's Food.....	3" x 2" x 3/4" pc.....	150
Doughnut, French.....	1 med. cruller.....	140
Doughnut, Iced.....	1 med. solid.....	250
Doughnut, Iced.....	1 med. w/hole.....	220
Doughnut, Jelly.....	1 med. size.....	230
Doughnut, Jelly.....	1 small size.....	210
Doughnut, Plain.....	1 med. solid.....	162
Doughnut, Plain.....	1 med. w/hole.....	136
Doughnut, Sugar.....	1 med. w/hole.....	196
Doughnut Twist.....	1 med. size.....	191
Foundation.....	3" x 2" x 1 3/4" pc.....	230
Fruit.....	2" x 2" x 1/2" pc.....	105
Gingercake.....	2" x 2" x 1/2" pc.....	100
Gold.....	3" x 2" x 1 1/2" pc.....	180
Griddle - (See "Pancakes" in latter part of this listing.)		
Ice Box.....	2" x 2" x 3/4" pc.....	235
Jelly Roll.....	1 slice 1/2" thick.....	150
Layer, Two with Icing.....	2" x 1 1/2" x 1" pc.....	100
Layer, Three with Icing.....	2" x 3" x 1" pc.....	225
Layer, Round with Icing.....	1/6 of 6" dia.....	241
Layer, Round with Icing.....	1/16 of 10" dia.....	322
Pancake, Buckwheat.....	4" dia.....	47
Pancake, Wheat.....	4" dia.....	59
Pancake, Wheat (Enriched Flour).....	4" dia.....	60
Pineapple Cheese.....	3" x 2" x 1 1/2" pc.....	310
Popover.....	3" dia. (round).....	60
Pound.....	2 3/4" x 3" x 5/8" pc.....	130
Rich Cake, no Icing (Square).....	3" x 2" sq.....	294

DESSERTS — Continued

CAKES — Continued

	Quantity	Calories
Rich Cake w/Icing (Round).....	1/6 of 6" dia.....	378
Rich Cake w/Icing (Round).....	1/16 of 10" dia.....	491
Short Bread.....	1 3/4" x 1 3/4" sq.....	40
Short Cake, Plain.....	3" x 3" x 2" sq.....	142
Short Cake, Strawberry.....	3" x 3" x 2" sq.....	320
Sponge.....	1/12 of 8" dia.....	117
Strawberry Short Cake.....	3" x 3" x 2" sq.....	320
Sunshine.....	3" x 2" x 1 1/2" sq.....	180
Vanilla, no Icing.....	2" x 2" x 1" pc.....	100
Vanilla with Icing.....	2" x 1 1/2" x 1" pc.....	100
Washington Cream Cake.....	3 1/2" wedge.....	200

COOKIES

	Quantity	Calories
Animal Crackers.....	6 pieces.....	50
Arrow Root.....	2 1/2" dia.....	50
Boston.....	2" square.....	25
Brownie.....	2" x 2" x 3/4".....	135
Butter.....	2" dia.....	42
Chocolate.....	2" dia.....	50
Chocolate Chip.....	2" dia.....	40
Chocolate Marshmallow.....	2" dia.....	80
Cookies, Plain or Assorted.....	3" dia. x 1/2" average.....	109
Cookies (Wafers).....	2 1/8" dia.....	44
Dasheens.....	2" x 2 1/2" sq.....	80
Fig Newton (Large).....	1 3/4" x 2" x 1/2".....	87
Fig Newton (Small).....	1 1/2" x 1 5/8" x 3/8".....	56
Ginger Snaps.....	3" dia.....	50
Graham (Medium).....	3 1/2" square.....	25
Graham (Small).....	2 1/2" square.....	14
Graham, Chocolate Covered.....	2 1/2" square.....	45
Hermit.....	2" dia.....	35
Honey.....	3 1/2" dia.....	50
Lorna Doone.....	2" x 2" sq.....	35
Macaroon, Almond.....	2 1/2" dia.....	50
Macaroon, Coconut.....	2 1/2" dia.....	55
Molasses.....	2" dia.....	25
Nabisco.....	2 1/2" x 1" x 3/8".....	27
Oatmeal.....	3" dia.....	40
Oreo Sandwich.....	2" dia.....	52
Peanut.....	2 1/2" dia.....	55
Petite Fours.....	1 average piece.....	150
Plain or Assorted.....	3" dia. x 1/2" average.....	109
Plain or Assorted (Wafers).....	2 1/8" dia.....	44
Scotch Short Bread.....	1 3/4" x 1 3/4" sq.....	35
Short Bread.....	1 3/4" x 1 3/4" sq.....	40
Social Tea.....	2 1/4" x 1 1/2" oblong.....	22
Soya.....	1 1/2" square.....	10
Sugar.....	3 1/2" dia.....	45
Sugar (Wafers).....	3 3/4" dia.....	35
Vanilla.....	2 3/4" dia.....	31
Vanilla (Wafers).....	3 1/2" dia.....	38

DESSERTS — Continued

CUSTARDS, GELATINS & PUDDINGS

	Quantity	Calories
Apple Betty.....	8 oz. cup.....	344
Apple Dumpling.....	1 med. size piece.....	345
Apple Sauce, Canned-Strained.....	1/2 cup — 4 oz.....	68
Apple Sauce, Sweetened.....	1/2 cup — 4 oz.....	92
Apple Sauce, Unsweetened.....	1/2 cup — 4 oz.....	50
Apple Snow.....	1/2 cup — 4 oz.....	75
Apricot Whip.....	1/2 cup — 4 oz.....	100
Banana Custard.....	1/2 cup — 4 oz.....	125
Banana Whip.....	1/2 cup — 4 oz.....	85
Blanc Mange, Chocolate.....	1/2 cup — 4 oz.....	138
Blanc Mange, Vanilla.....	1/2 cup — 4 oz.....	135
Bread.....	1/2 cup — 4 oz.....	150
Brown Betty.....	8 oz. cup.....	344
Butterscotch.....	1/2 cup — 4 oz.....	175
Caramel.....	1/2 cup — 4 oz.....	170
Chocolate Corn Starch.....	1/2 cup — 4 oz.....	175
Corn Starch, Most Flavors.....	1/2 cup - 4 oz....	170 to 175
Custard.....	1/2 cup - 4 oz.....	142
Custard, Canned - Instant.....	1 oz. strained.....	31
Custard, Caramel.....	1/2 cup — 4 oz.....	140
Custard, Egg.....	1/2 cup - 4 oz.....	145
Custard, Frozen.....	1 scoop, 1/2 cup.....	150
Date Torte, with Cream.....	1/2 cup — 4 oz.....	220
Fig.....	1/2 cup - 4 oz.....	125
Floating Island.....	1/2 cup - 4 oz.....	150
Frozen Custard.....	1 scoop, 1/2 cup.....	150
Fruit Gelatin (Ready-to-Serve).....	8 oz. cup.....	172
Fruit Jello, All Flavors.....	8 oz. cup.....	172
Gelatin (Ready-to-Serve), Plain.....	8 oz. cup.....	155
Gelatin (Ready-to-Serve), w/Fruit.....	8 oz. cup.....	172
Gelatin Desserts, Powder.....	3 oz. package.....	324
Gelatin Desserts, Powder.....	1 tablespoon.....	34
Gingerbread, w/Hot Water.....	2" x 2" x 2".....	180
Gingerbread, w/Sour Milk.....	2" x 2" x 2".....	200
Indian, Baked.....	1/2 cup — 4 oz.....	150
Jello, All Flavors, Plain.....	8 oz. cup.....	155
Jello, All Flavors, w/Fruit.....	8 oz. cup.....	172
Jello Desserts, Powder.....	3 oz. package.....	324
Jello Desserts, Powder.....	1 tablespoon.....	34
Lemon Sponge.....	1/2 cup - 4 oz.....	125
Plum, no Sauce.....	1/2 cup - 4 oz.....	150
Prune Whip.....	1/2 cup - 4 oz.....	200
Rice.....	1/2 cup - 4 oz.....	128
Rice Custard.....	1/2 cup - 4 oz.....	152
Rice w/Raisins.....	1/2 cup — 4 oz.....	175
Snow.....	1/2 cup — 4 oz.....	75
Tapioca (Ready-to-Serve).....	1/2 cup — 4 oz.....	150
Tapioca, Uncooked - Dry.....	8 oz. cup granulated.....	547
Tapioca, Uncooked - Dry.....	2 tablespoons.....	68
Vanilla.....	1/2 cup — 4 oz.....	138

DESSERTS — Continued

FRUITS

(Also refer to "Fruits" and "Custards, Gelatins and Puddings" for other listings.)

	Quantity	Calories
Apple, Baked.....	1 large.....	118
Apple, Baked.....	1 med. size.....	76
Apple, Baked.....	1 small.....	60
Apple Dumpling.....	1 med. size.....	300
Apple Sauce (Sweetened).....	8 oz. cup.....	184
Apple Sauce (Unsweetened).....	8 oz. cup.....	100
Apricot, Canned (Syrup Pack).....	4 med. halves.....	97
Apricot, Fresh.....	3 med. size.....	54
Apricot, Frozen.....	1/2 cup — 3 oz.....	93
Apricot Whipped.....	1/2 cup - 4 oz.....	100
Bananas, Sliced.....	8 oz. cup.....	136
Blackberries, Fresh.....	8 oz. cup.....	82
Blueberries, Fresh.....	8 oz. cup.....	85
Cantaloupe, Fresh.....	1/2 of 5" dia.....	37
Cherries, Canned.....	8 oz. cup.....	122
Cocoanut, Fresh.....	2" x 2" x 1/2".....	161
Figs, Stewed.....	1 lg. (2" x 1").....	57
Fruit Cocktail, Canned.....	8 oz. cup.....	175
Fruit Cocktail, Fresh.....	3/4 cup - 6 oz.....	85
Grapefruit, Canned (Sweetened).....	8 oz. cup.....	181
Grapefruit, Fresh (Medium).....	4 1/4" diameter.....	75
Grapefruit, Fresh, Sections.....	8 oz. cup.....	77
Melon, Cantaloupe.....	1/2 of 5" diameter.....	37
Melon, Casaba.....	2" x 9" wedge.....	52
Melon, Honeydew.....	2" x 7" wedge.....	49
Melon, Persian.....	2" x 9" wedge.....	52
Orange & Grapefruit Sections, Fresh.....	8 oz. cup.....	82
Peach, Fresh.....	1 med. (2 1/2" x 2" dia.).....	46
Peaches, Canned (Syrup Pack).....	8 oz. cup.....	174
Peaches, Canned (Water Pack).....	8 oz. cup.....	66
Pears, Canned (Syrup Pack).....	8 oz. cup.....	174
Pears, Canned (Water Pack).....	8 oz. cup.....	75
Pears, Spiced, w/Syrup.....	1 med. size.....	79
Pineapple, Canned (with Syrup).....	2 small slices.....	95
Pineapple, Canned (with Syrup).....	1 large slice.....	95
Pineapple, Fresh (Diced).....	8 oz. cup.....	74
Pineapple, Fresh (Sliced).....	3/4" x 3 1/2" dia.....	44
Pineapple, Frozen.....	4 oz. package.....	97
Prunes, Cooked (no Sugar).....	8 oz. cup.....	310
Prunes, Cooked (Sugar Added).....	8 oz. cup.....	483
Raspberries, Fresh - Black.....	8 oz. cup.....	100
Raspberries, Fresh - Red.....	8 oz. cup.....	70
Raspberries, Frozen.....	3 oz. package.....	84
Rhubarb, Canned.....	8 oz. cup.....	383
Rhubarb, Stewed.....	8 oz. cup.....	383
Strawberries, Fresh.....	8 oz. cup.....	54
Strawberries, Frozen.....	3 oz. package.....	90
Watermelon.....	1/2 slice (3/4" x 10").....	45

DESSERTS — Continued

ICE CREAMS, ICES AND SUNDAES

(Where the item of reference under the heading of "Quantity" is referred to as either "fountain size" or "regular dixie" or "regular pop," the calorie counts are approximate and not specific. An exact count is difficult because Dixie Cups vary from 3 to 4 ounces. The average given here is 3½ oz. for plain ice cream and also sundaes. Sandwiches vary with the count given here for 3 fl. oz. of ice cream. Ice cream pops also contain an average of 3 fl. oz. of ice cream, plus the coating used. Most scoops used are either #24 (2" diameter size), #20 (2½" dia. size), or #16 (2¾" dia.) Calorie counts of sodas and sundaes will vary considerably depending upon size of scoop used, number used and whether trimmed level or having an over-hang, plus the percentage of butter fat. Most state laws require 10% butter fat for vanilla and 8% for fruit flavors and nut mixtures. The average company supplies fountain creams varying from 10% to 12%, with deluxe and French type creams varying from 14% to 18%.)

	Quantity	Calories
Banana Ice Cream.....	1 scoop, ½ cup.....	292
Banana Split (Royal).....	fountain size.....	1165
Black and White Soda.....	fountain size.....	308
Butter Almond Ice Cream.....	1 scoop, ½ cup.....	297
Butter Pecan Ice Cream.....	1 scoop, ½ cup.....	297
Butterscotch Ice Cream.....	1 scoop, ½ cup.....	294
Caramel Ice Cream.....	1 scoop, ½ cup.....	296
Cherry Ice.....	1 scoop, ½ cup.....	118
Cherry Ice Cream.....	1 scoop, ½ cup.....	295
Cherry Soda.....	fountain size.....	306
Cherry - Vanilla Ice Cream.....	1 scoop, ½ cup.....	294
Chocolate Chip Ice Cream.....	1 scoop, ½ cup.....	298
Chocolate Covered Pop, Ice Cream..	1 regular pop.....	324
Chocolate Ice Cream.....	1 scoop, ½ cup.....	298
Chocolate Ice Cream Soda.....	fountain size.....	320
Chocolate Malted Milk.....	fountain size.....	305
Choc. Malted Milk, w/Ice Cream..	fountain size.....	600
Chocolate Pop, Ice Cream.....	1 regular pop.....	318
Chocolate Sundae, Fancy.....	fountain size.....	330
Chocolate Sundae, Plain.....	fountain size.....	280
Cocoanut Covered Pop, Ice Cream..	1 regular pop.....	315
Coffee Ice Cream.....	1 scoop, ½ cup.....	292
Coffee Soda.....	fountain size.....	308
Cone, Ice Cream (Refer to ice cream flavor and add for cone)		45
Custard, Frozen.....	1 scoop, ½ cup.....	150
Dixie Cup, ½ - Ice Cream, ½ - Ice..	1 regular dixie.....	206
Dixie Cup, Ice Cream.....	1 regular dixie.....	276
Dixie Cup Sundae.....	1 regular dixie.....	294
Frozen Custard.....	1 scoop, ½ cup.....	150
Fudge Pop, Ice Cream.....	1 regular pop.....	318
Fudge Sundae, Fancy.....	fountain size.....	330
Fudge Sundae, Plain.....	fountain size.....	280
Fudge (Hot) Sundae, Fancy.....	fountain size.....	340
Fudge (Hot) Sundae, Plain.....	fountain size.....	285

DESSERTS — Continued

ICE CREAMS, ICES, AND SUNDAES

	<i>Quantity</i>	<i>Calories</i>
Lemon Ice.....	1 scoop, 1/2 cup.....	116
Lemon Ice Cream.....	1 scoop, 1/2 cup.....	292
Maple Mousse.....	fountain size.....	356
Maple Walnut Sundae, Fancy.....	fountain size.....	325
Maple Walnut Sundae, Plain.....	fountain size.....	274
Marshmallow Sundae, Fancy.....	fountain size.....	329
Marshmallow Sundae, Plain.....	fountain size.....	278
Marshmallow Sundae w/Nuts, Fancy.....	fountain size.....	337
Marshmallow Sundae w/Nuts, Plain.....	fountain size.....	283
Nesselrode Ice Cream.....	1 scoop, 1/2 cup.....	297
Orange Ice.....	1 scoop, 1/2 cup.....	117
Peach Ice Cream.....	1 scoop, 1/2 cup.....	295
Peach Ice Cream Soda.....	fountain size.....	311
Pie (on Stick), Ice Cream.....	1 regular pie.....	324
Pineapple Ice Cream.....	1 scoop, 1/2 cup.....	297
Pineapple Ice Cream Soda.....	fountain size.....	314
Pineapple Soda, Ice Cream.....	fountain size.....	314
Pineapple Sundae, Fancy.....	fountain size.....	327
Pineapple Sundae, Plain.....	fountain size.....	276
Pistachio Ice Cream.....	1 scoop, 1/2 cup.....	296
Pistachio Pop, Ice Cream.....	1 regular pop.....	327
Pop, Ice.....	1 regular pop.....	118
Pop, Ice Cream.....	1 regular pop.....	326
Raspberry Ice.....	1 scoop, 1/2 cup.....	120
Sandwich, Ice Cream.....	1 regular sandwich.....	255
Tutti Frutti Ice Cream.....	1 scoop, 1/2 cup.....	293
Vanilla Ice Cream.....	1 scoop, 1/2 cup.....	294
Vanilla Fudge Ice Cream.....	1 scoop, 1/2 cup.....	296
Vanilla Fudge Pop, Ice Cream.....	1 regular pop.....	316
Vanilla Malted, Plain.....	fountain size.....	235
Vanilla Malted, w/Ice Cream.....	fountain size.....	530
Vanilla Pop, Ice Cream.....	1 regular pop.....	315
Vanilla Soda.....	fountain size.....	310
Walnut Ice Cream.....	1 scoop, 1/2 cup.....	297
Walnut Sundae, Fancy.....	fountain size.....	325
Walnut Sundae, Plain.....	fountain size.....	274

PASTRIES

	<i>Quantity</i>	<i>Calories</i>
Apple Turnover.....	1 med. piece.....	275
Chocolate Eclair (Cream).....	1 med. piece.....	300
Chocolate Eclair (Custard).....	1 med. piece.....	250
Cream Puff, Chocolate.....	1 med. piece.....	312
Danish Pastry.....	1 med. piece... 200 to 300	
French Pastry.....	1 med. piece... 175 to 275	
Jelly Roll.....	1 slice, 1/2" thick.....	150
Lady Fingers.....	1 aver. piece.....	40
Strudel.....	1 average size.....	200
Tart.....	1 medium size.....	150
Tart, Fruit Filling.....	1 medium size.....	200

DESSERTS — Continued

PIES

(When reference of 1/7th section is made, piece consists of 1/7th section (4" sector, 135 grams) of a 9" diameter pie (945 grams), which is size most often served.)

	<i>Quantity</i>	<i>Calories</i>
Apple.....	1/7th section.....	331
Apricot.....	1/7th section.....	328
Banana Cream.....	1/7th section.....	340
Berry, Most Pies.....	1/7th section.....	300
Blackberry.....	1/7th section.....	296
Blueberry.....	1/7th section.....	291
Butterscotch.....	1/7th section.....	265
Cheese.....	1/7th section.....	330
Cheese Cake.....	1/12th of 12" diameter.....	300
Cherry.....	1/7th section.....	340
Cocoanut Custard.....	1/7th section.....	266
Cream.....	1/7th section.....	260
Custard Cream.....	1/7th section.....	265
Gooseberry.....	1/7th section.....	298
Lemon Chiffon.....	1/7th section.....	300
Lemon Meringue.....	1/7th section.....	302
Mince.....	1/7th section.....	341
Peach.....	1/7th section.....	330
Peach Cream.....	1/7th section.....	355
Pineapple.....	1/7th section.....	340
Pineapple Cheese Cake.....	1/12th of 12" diameter.....	310
Pineapple Cheese Pie.....	1/7th section.....	340
Pineapple Cream Pie.....	1/7th section.....	350
Prune Pie.....	1/7th section.....	330
Pumpkin.....	1/7th section.....	263
Raisin.....	1/7th section.....	325
Rhubarb.....	1/7th section.....	328
Strawberry.....	1/7th section.....	310
Strawberry Cream.....	1/7th section.....	350

EGGS

	<i>Quantity</i>	<i>Calories</i>
Boiled, In Shell.....	1 medium, 2 oz.....	77
Deviled.....	2 halves of med. egg.....	135
Dried, Whites.....	8 oz. cup.....	223
Dried, Whole.....	8 oz. cup.....	640
Dried, Yolks.....	8 oz. cup.....	666
Duck's Eggs.....	3½ ounces raw.....	190
Fried.....	1 medium, 2 oz.....	100
Omelette.....	1 medium, 2 oz.....	106
Poached.....	1 medium, 2 oz.....	77
Poached in Jelly.....	1 medium, 2 oz.....	100
Raw, Whole.....	1 medium, 2 oz.....	77
Scrambled.....	1 medium, 2 oz.....	106
Stuffed.....	2 medium halves.....	125
White Only.....	1 med. egg, 1½ oz.....	15
Yolk Only.....	1 med. egg, ½ oz.....	61

FATS AND OILS

	Quantity	Calories
A-1 Sauce.....	1 tablespoon.....	25
Bacon.....	1 tablespoon.....	100
Beef Drippings.....	1 tablespoon.....	50
Boiled Dressing.....	8 oz. cup.....	446
Boiled Dressing.....	1 tablespoon.....	28
Butter.....	1 tab'espoon.....	100
Butter, Sweet.....	1 tablespoon.....	100
Chicken Fat.....	1 tablespoon.....	100
Chili Sauce.....	1 tablespoon.....	17
Cod Liver Oil.....	1 tablespoon.....	100
Corn Oil.....	1 tablespoon.....	100
Cotton Seed Oil.....	1 tablespoon.....	100
Cream Dressing.....	1 tablespoon.....	35
Cream Sauce.....	1 tablespoon.....	25
Crisco.....	8 oz. cup.....	1768
Crisco.....	1 tablespoon.....	110
Fat, Cooking.....	8 oz. cup.....	1768
Fat, Cooking.....	1 tablespoon.....	110
Fat, Vegetable.....	8 oz. cup.....	1768
Fat, Vegetable.....	1 tablespoon.....	110
French Dressing.....	8 oz. cup.....	945
French Dressing.....	1 tablespoon.....	60
French Diet Dressing.....	1 tablespoon.....	25
Ghee (High Moisture).....	3½ ounces.....	804
Ghee (Low Moisture).....	3½ ounces.....	870
Gravy, Thick.....	1 tablespoon.....	50
Halibut.....	1 tablespoon.....	100
Hollandaise Sauce.....	1 tablespoon.....	100
Lard.....	8 oz. cup.....	1984
Lard.....	1 tablespoon.....	126
Mayonnaise.....	8 oz. cup.....	1451
Mayonnaise.....	1 tablespoon.....	92
Mayonnaise, Commercial Dressing.....	8 oz. cup.....	902
Mayonnaise, Commercial Dressing.....	1 tablespoon.....	58
Mayonnaise Diet Dressing.....	1 tablespoon.....	35
Mineral Oil.....	1 tablespoon.....	none
Miracle Whip.....	1 tablespoon.....	52
Oil, Cooking.....	8 oz. cup.....	1945
Oil, Cooking.....	1 tablespoon.....	124
Oil, Olive.....	1 tablespoon.....	125
Oil, Salad.....	8 oz. cup.....	1945
Oil, Salad.....	1 tablespoon.....	124
Oleomargarine.....	1 tablespoon.....	101
Olive Oil.....	1 tablespoon.....	110
Peanut Butter.....	8 oz. cup.....	1486
Peanut Oil.....	1 tablespoon.....	118
Roquefort Dressing.....	1 tablespoon.....	100
Russian Dressing.....	1 tablespoon.....	106
Salad Dressing, Home - Cooked.....	1 tablespoon.....	42
Salad Oil.....	8 oz. cup.....	1945
Salad Oil.....	1 tablespoon.....	124
Thousand Island.....	1 tablespoon.....	100
Thousand Island Diet.....	1 tablespoon.....	50
Viosterol.....	1 tablespoon.....	none

FISH AND SEA FOODS

	Quantity	Calories
Abalone, Broiled.....	3½ oz. portion.....	107
Abalone, Canned.....	3½ oz. portion.....	80
Abalone, Dry.....	3½ oz. portion.....	309
Abalone, Raw.....	3½ oz. portion.....	107
Anchovies.....	6 small fillets.....	65
Anchovy Paste.....	1 tablespoon.....	40
Bass, Baked or Broiled.....	4 oz. portion.....	180
Bass, Canned.....	4 oz. portion.....	185
Bass, Raw.....	4 oz. portion.....	175
Bluefish, Baked or Broiled.....	3½" x 3" x ½" pc.....	193
Bluefish, Baked or Broiled.....	1 pound net.....	704
Bluefish, Fried.....	3½" x 3" x ½" pc.....	307
Bluefish, Fried.....	1 pound net.....	929
Butterfish, Baked or Broiled.....	3 oz. portion.....	176
Catfish.....	3 oz. portion.....	168
Caviar.....	1 tablespoon (½ oz.)...	35
Clam Juice.....	4 oz. glass.....	45
Clams, Canned.....	3 oz. solid & liquid...	44
Clams, Canned, Cherrystone.....	4 ounces meat.....	90
Clams, Little Neck.....	4 ounces meat.....	90
Clams, Steamers (Hard Shell).....	4 ounces meat.....	85
Cod.....	3½ oz. portion.....	98
Codfish, Balls.....	2 small balls.....	75
Codfish, Cakes.....	2½" diameter, 1" thick.....	125
Codfish, Creamed.....	8 oz. cup.....	160
Codfish, Dry.....	1 oz. portion.....	106
Codfish, Raw.....	4 oz. portion.....	84
Codfish, Salted.....	3½ oz. portion.....	130
Codfish, Steak.....	3½" x 2" x 1" pc.....	100
Crab, Cracked.....	1 medium size.....	95
Crab, Hard Shell.....	3½ oz. portion.....	90
Crab, Soft Shell.....	3½ oz. portion.....	90
Crabmeat, Canned.....	3 ounces meat.....	86
Crabmeat, Cooked.....	3 ounces meat.....	89
Crabmeat, Deviled.....	1 medium crab.....	200
Crabmeat, Fresh.....	3 ounces meat.....	90
Crabmeat, Salad.....	4 oz. portion.....	150
Croaker, Fresh.....	4 oz. portion.....	109
Eel, Fresh.....	4 oz. portion.....	183
Eel, Smoked.....	4 oz. portion.....	185
Finnan Haddie.....	4 oz. portion.....	100
Finnan Haddie, Smoked.....	4 oz. portion.....	100
Flounder.....	4 oz. portion.....	78
Frogs Legs.....	4 oz. portion.....	75
Gefuelte Fish.....	4 oz. portion.....	75
Haddock, Cooked.....	4" x 3" x ½" fillet.....	158
Haddock, Cooked.....	1 pound net.....	676
Haddock, Creamed.....	4 oz. portion.....	150
Haddock, Fried.....	4" x 3" x ½" fillet.....	165
Haddock, Fried.....	1 pound net.....	748
Haddock, Smoked.....	4 oz. portion.....	132
Halibut, Broiled or Cooked.....	4" x 3" x ½" steak.....	228

FISH AND SEA FOODS — Continued

	Quantity	Calories
Halibut, Broiled or Cooked.....	1 pound net.....	827
Halibut, Creamed.....	4 oz. portion.....	170
Halibut, Oil.....	1 tablespoon.....	100
Halibut, Smoked.....	4 oz. portion.....	150
Herring, Atlantic.....	4 oz. portion.....	216
Herring Kippered.....	4 oz. portion.....	240
Herring, Lake.....	4 oz. portion.....	160
Herring, Pacific.....	4 oz. portion.....	105
Herring, Pickled.....	4 oz. portion.....	102
Herring & Sour Cream.....	4 oz. portion.....	245
Hors D'oeuvres, Cold.....	4 oz. portion.....	270
Hors D'oeuvres, Hot.....	4 oz. portion.....	310
Lobster, Canned.....	3 oz. portion.....	80
Lobster, Creamed.....	½ cup (4 oz.).....	150
Lobster, Fresh (Meat Only).....	¾-pound lobster.....	88
Lox, Nova Scotia, Smoked.....	3 oz. portion.....	285
Mackerel, Canned, Atlantic.....	3 oz. portion.....	155
Mackerel, Canned, Pacific.....	3 oz. portion.....	153
Mackerel, Fresh.....	3½ oz. portion.....	159
Mackerel, Salt.....	4 oz. portion.....	175
Muscles.....	6 medium size.....	75
Muskalunge.....	4 oz. portion.....	100
Oysters, Dried.....	3½ oz. portion.....	352
Oysters, Fried.....	3 large pieces.....	112
Oysters, Fried.....	5 med. pieces.....	125
Oysters, Raw, Blue Point.....	4 ounces meat.....	100
Oysters, Raw, Blue Point.....	6 to 9 med. size.....	100
Oysters, Raw, Cape Cod.....	4 ounces meat.....	100
Oysters, Raw, Cape Cod.....	5 to 8 med. size.....	100
Oyster Stew, Creamed.....	8 oz. cup.....	250
Oyster Stew, ½ - Cream, ½ - Milk..	8 oz. cup.....	200
Oyster Stew, Milk - Whole (1 part Oysters to 1 part Milk)...	8 oz. cup.....	244
Oyster Stew, Milk - Whole (1 part Oysters to 1 part Milk)...	1 pound.....	461
Oyster Stew, Milk - Whole (1 part Oysters to 3 parts Milk)...	8 oz. cup.....	209
Oyster Stew, Milk - Whole (1 part Oyster to 3 parts Milk)...	1 pound.....	413
Oyster Stew, Skimmed Milk.....	8 oz. cup.....	155
Perch, Lake.....	4 oz. portion.....	75
Perch, Sea.....	4 oz. portion.....	85
Pickrel.....	4 oz. portion.....	85
Pike, Northern.....	4 oz. portion.....	85
Pike, Wall Eyed.....	4 oz. portion.....	87
Porgy.....	4 oz. portion.....	110
Red Fish.....	4 oz. portion.....	100

FISH AND SEA FOOD — Continued

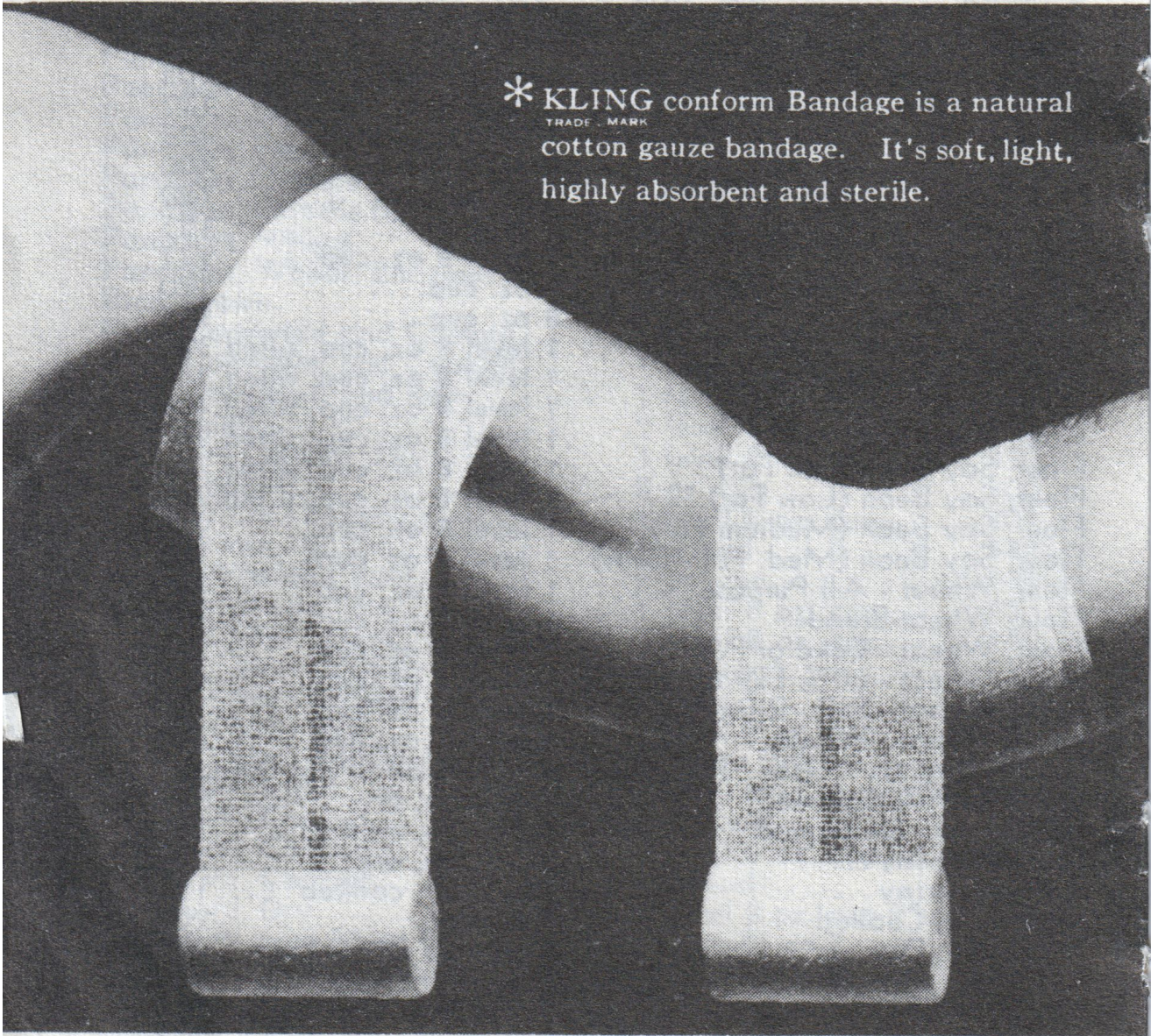
	Quantity	Calories
Red Snapper.....	4 oz. portion.....	95
Salmon, Baked-Broiled.....	4" x 3" x 1/2" pc.....	204
Salmon, Chinook.....	3 oz. portion.....	173
Salmon, Chum.....	3 oz. portion.....	118
Salmon, Cohoe.....	3 oz. portion.....	140
Salmon, Creamed.....	1/2 cup (4 oz.).....	200
Salmon, Humpback.....	3 oz. portion.....	122
Salmon, King.....	3 oz. portion.....	173
Salmon, Loaf.....	4" x 3" x 1/2" pc.....	200
Salmon, Pink.....	3 oz. portion.....	122
Salmon, Red.....	3 oz. portion.....	147
Salmon, Silver.....	3 oz. portion.....	140
Salmon, Smoked.....	3 oz. portion.....	285
Sand Dabs.....	2 medium pieces.....	75
Sardines, w/Oil - Drained Solids.....	3 oz. portion.....	180
Sardines, w/Oil and Solids.....	3 oz. portion.....	288
Sardines, Natural Pack.....	3 oz. portion.....	171
Sardines, Tomato Sauce.....	3 oz. portion.....	184
Scallops.....	4 oz. portion.....	89
Scallops, Dry.....	3 1/2 oz. portion.....	341
Shad.....	4 oz. portion.....	191
Shad Roe.....	2 oz. portion.....	100
Shark's Fin, Dried.....	3 1/2 oz. portion.....	385
Shrimps, Canned - Drained.....	3 oz. portion.....	110
Shrimps, Canned - Solids & Liquids.....	3 oz. portion.....	76
Shrimps, Fresh (6 Medium).....	3 oz. portion.....	75
Shrimps, Fried (6 Medium).....	3 1/2 oz. portion.....	100
Smelts.....	2 small size.....	50
Snails.....	6 medium size.....	52
Sole, Fillet of.....	4 oz. portion.....	100
Squid.....	3 1/2 oz. portion - raw.....	78
Squid.....	3 1/2 oz. portion - dried.....	305
Sturgeon, Smoked.....	2 1/2 oz. portion.....	100
Sword Fish.....	3" x 3" x 1/2" pc.....	223
Trout, Brook.....	3 1/2 oz. portion.....	50
Trout, Brook-Smoked.....	3 oz. portion.....	100
Trout, Lake.....	3 oz. portion.....	60
Trout, Lake - Smoked.....	3 oz. portion.....	110
Tuna, Canned - Drained.....	3 oz. portion.....	170
Tuna, Canned, w/Oil (Wet Pack).....	3 oz. portion.....	247
Tuna, Creamed.....	1/2 cup (4 oz.).....	270
Tuna, Fresh.....	3 oz. portion.....	150
Tuna, Smoked.....	2 1/2 oz. portion.....	125
Tuna Salad.....	4 tablespoons (2 oz.).....	100
Turtle.....	1/2 cup (4 oz.).....	160
Whale Meat.....	3 1/2 oz. portion.....	116
Whitefish, Broiled.....	4 oz. portion.....	125
Whitefish, Fried.....	4 oz. portion.....	200

FLOUR FOODS

	Quantity	Calories
Barley, Pearled, Light - Dry.....	8 oz. cup.....	708
Barley Cereal.....	4 tablespoons.....	89
Bran, Raisin.....	8 oz. cup.....	149
Bran, Whole Cereal.....	8 oz. cup.....	150
Bran Flakes (40% Bran).....	8 oz. cup.....	15
Buckwheat Flour, Dark - Sifted.....	1 level 8 oz. cup.....	340
Buckwheat Flour, Light - Sifted.....	1 level 8 oz. cup.....	342
Cakes, Buckwheat.....	4" diameter (1 oz.).....	47
Cakes, Griddle... (see "Pancakes" in latter part of this listing.)		
Cereals, Cooked - Average.....	8 oz. cup.....	225
Cereals, Instant, Dry and Precooked..	1 oz. portion.....	105
Cereals, Mixed Corn and Soy Grits..	1 level 8 oz. cup.....	177
Cereals, Mixed Wheat & Malt Bar..	1 level 8 oz. cup.....	408
Corn Flour, Dry - Sifted.....	8 oz. cup.....	400
Corn Grits, Degermed - Cooked.....	8 oz. cup.....	120
Corn Soya Cereal.....	8 oz. cup.....	125
Corn Soya Grits.....	1 level 8 oz. cup.....	177
Cornmeal, Degermed - Cooked.....	8 oz. cup.....	120
Cracked Wheat.....	8 oz. cup.....	155
Flour, Buckwheat - Dark.....	1 level 8 oz. cup, sifted.....	340
Flour, Buckwheat - Light.....	1 level 8 oz. cup, sifted.....	342
Flour, Corn.....	1 level 8 oz. cup, sifted.....	406
Flour, Rye-Light.....	1 level 8 oz. cup, sifted.....	285
Flour, Soy Bean (Full Fat).....	1 level 8 oz. cup, sifted.....	250
Flour, Soy Bean (Low Fat).....	1 level 8 oz. cup, sifted.....	230
Flour, Soy Bean (Medium Fat).....	1 level 8 oz. cup.....	232
Flour, Soy Bean (Med. Fat - Grits).....	1 level 8 oz. cup.....	365
Flour, Wheat - All Purpose.....	1 level 8 oz. cup.....	401
Flour, Wheat-Bread.....	1 level 8 oz. cup.....	408
Flour, Wheat - Cake or Pastry.....	1 level 8 oz. cup.....	364
Flour, Wheat - 80% Extract.....	1 level 8 oz. cup.....	401
Flour, Wheat - Self - Rising.....	1 level 8 oz. cup.....	385
Flour, Wheat - Whole.....	1 level 8 oz. cup.....	400
Griddle Cakes... (see "Pancakes" in latter part of this listing)		
Grits, Corn - Degermed.....	8 oz. cup, dry.....	579
Grits, Corn - Degermed.....	8 oz. cup, cooked.....	122
Grits, Hominy.....	8 oz. cup, dry.....	579
Grits, Hominy.....	8 oz. cup, cooked.....	122
Macaroni, Cooked.....	8 oz. cup.....	209
Macaroni, Dry.....	8 oz. cup elbow type.....	463
Macaroni, Dry.....	1 level 8 oz. cup 1" pcs.....	415
Macaroni, Dry.....	1 level 8 oz. cup 2" pcs.....	324
Macaroni, with Cheese.....	8 oz. cup.....	464
Meal, Roman.....	8 oz. cup.....	350
Meal, Wheat Cereal.....	8 oz. cup.....	175
Meal, Whole - Cooked.....	8 oz. cup, added germ.....	133
Mixed Cereal, Corn and Soy Grits.....	1 level 8 oz. cup.....	177
Mixed Cereal, Wheat and Barley.....	1 level 8 oz. cup.....	408
Noodles, Cooked.....	8 oz. cup.....	107
Noodles, Dry (Containing Egg).....	1 lev. 8 oz. cup.....	278
Oat Cereal, Ready-to-Eat.....	1 ounce.....	100
Oatmeal, Cooked.....	8 oz. cup.....	148
Oatmeal, Dry - Pre-Cooked.....	1 ounce (infant).....	106
Oatmeal, Dry (Rolled Oats).....	1 level 8 oz. cup.....	312

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FLOUR FOODS — Continued

	Quantity	Calories
Oats, Rolled - Cereal, Ready-to-Eat.	1 ounce.....	100
Oats, Rolled - Cooked Meal.....	8 oz. cup.....	148
Oats, Rolled — Cooked Meal.....	1 pound.....	285
Oats, Rolled — Dry.....	1 level 8 oz. cup.....	312
Oats, Rolled - Dry, Pre-Cooked.....	1 ounce (infant).....	106
Pabulum Cereal.....	8 oz. cup.....	180
Pancake Mix, Buckwheat - Dry.....	8 oz. cup.....	432
Pancake Mix, Wheat - Dry & Mixed.....	8 oz. cup.....	471
Pancakes, Buckwheat.....	4" diameter (1 oz.).....	47
Pancakes, Buckwheat.....	8 oz. cup.....	432
Pancakes, Buckwheat.....	1 pound.....	798
Pancakes, French.....	4" diameter cake (1 oz.).....	62
Pancakes, Griddle (Cakes) - Wheat.....	4" diameter cake (1 oz.).....	59
Pancakes, Griddle (Cakes) - Wheat.....	1 pound.....	991
Pancakes, Wheat.....	4" diameter cake (1 oz.).....	59
Pancakes, Wheat, Enriched Flour.....	4" diameter cake (1 oz.).....	60
Rice, Brown.....	8 oz. cup.....	748
Rice, Converted and Cooked.....	1 level 8 oz. cup.....	204
Rice, Converted and Cooked.....	1 pound.....	525
Rice, Converted and Raw.....	1 level 8 oz. cup.....	677
Rice, Fried.....	1 level 8 oz. cup.....	258
Rice, Pre-Cooked, Dry.....	1 level 8 oz. cup.....	420
Rice, Spanish.....	8 oz. cup.....	300
Rice, White - Boiled.....	1 level 8 oz. cup.....	201
Rice, White - Boiled.....	1 pound.....	542
Rice, White and Raw.....	8 oz. cup.....	692
Rice, Wild and Raw.....	1 level 8 oz. cup.....	593
Rolled Oats - Cereal, Ready-to-Eat.....	1 level 8 oz. cup.....	100
Rolled Oats - Cooked Meal.....	8 oz. cup.....	148
Rolled Oats - Cooked Meal.....	1 pound.....	285
Rolled Oats - Dry.....	1 level 8 oz. cup.....	312
Rolled Oats - Pre-Cooked, Dry.....	1 ounce (infant).....	106
Rye Flour, Light.....	1 level 8 oz. cup, sifted.....	285
Spaghetti, Canned.....	8 oz. cup.....	242
Spaghetti, Cooked.....	1 level 8 oz. cup.....	218
Spaghetti, Cooked.....	1 pound.....	678
Spaghetti, Dry.....	1 level 8 oz. cup 2" pcs.....	354
Spaghetti, with Meat Sauce.....	½ cup (4 oz.).....	218
Spaghetti, with Tomato Sauce.....	½ cup (4 oz.).....	198
Soya, Soybean Corn Cereal.....	8 oz. cup.....	125
Soybean Curd.....	2¾" x 1" cake.....	85
Soybean Flour (Full Fat).....	1 level 8 oz. cup.....	250
Soybean Flour (Low Fat).....	1 level 8 oz. cup.....	230
Soybean Flour (Medium Fat).....	1 level 8 oz. cup.....	232
Soybean Grits.....	1 level 8 oz. cup.....	365
Soybean Grits, ½ - Corn.....	1 level 8 oz. cup.....	177
Soybean, Immature Seeds.....	1 level 8 oz. cup.....	119
Spanish Rice.....	8 oz. cup.....	300
Starch (Pure).....	1 level 8 oz. cup.....	464
Starch (Pure).....	1 tablespoon.....	29
Tortillas.....	5" diameter.....	50
Wheat, Cracked.....	8 oz. cup.....	175
Wheat, Rolled, Cooked.....	8 oz. cup.....	177

FLOUR FOODS — Continued

	Quantity	Calories
Wheat Flour, All Purpose.....	1 level 8 oz. cup.....	401
Wheat Flour, Bread.....	1 level 8 oz. cup, sifted.....	408
Wheat Flour, Cake or Pastry.....	1 level 8 oz. cup, sifted.....	364
Wheat Flour, 80% Extract.....	1 level 8 oz. cup, sifted.....	401
Wheat Flour, Pancake Mix.....	1 level 8 oz. cup.....	471
Wheat Flour, Self-Rising.....	1 level 8 oz. cup, sifted.....	385
Wheat Flour, Whole.....	1 level 8 oz. cup.....	400
Wheat Germ.....	1 level 8 oz. cup, stirred.....	246
Wheat Meal, Cereal.....	8 oz. cup.....	175
Whole Meal, Cooked.....	8 oz. cup.....	175
Whole Meal, Cooked.....	8 oz. cup, added germ.....	133
Wild Rice Shoots.....	1 level 8 oz. cup.....	26

FOWL

	Quantity	Calories
Chicken, A la King.....	½ cup (4 oz.).....	218
Chicken, Boiled.....	4 ounce serving.....	35
Chicken, Broiled.....	½ med. size, boned (8 oz.).....	132
Chicken, Canned.....	3 ounce, boned.....	169
Chicken, Creamed.....	½ cup (4 oz.).....	216
Chicken, Croquettes.....	1 medium size (2 oz.).....	105
Chicken, Fat.....	1 tablespoon.....	100
Chicken, Fried.....	5 ounce boned.....	204
Chicken, Fried.....	8 ounce boned.....	255
Chicken, Gizzard.....	3½ oz. serving.....	116
Chicken, Heart.....	3 oz. piece.....	134
Chicken, Liver - Broiled.....	3½ oz. serving.....	141
Chicken, Liver - Raw.....	3 oz. serving.....	120
Chicken, Liver-Saute.....	3 oz. serving.....	155
Chicken, Raw (Broilers).....	½ bird, boned (8 oz.).....	332
Chicken, Raw (Friers).....	1 breast, boned (8 oz.).....	210
Chicken, Raw (Friers).....	1 leg, boned (5 oz.).....	159
Chicken, Raw (Roasters).....	4 oz. piece, boned.....	227
Chicken, Raw (Stewing Hen).....	4 oz. piece, boned.....	342
Duck, Gizzard.....	3½ oz. serving.....	127
Duck, Raw.....	3½ oz. serving.....	326
Duck, Raw (Dried and Salted).....	3½ oz. serving.....	413
Duck, Roasted.....	4 oz. piece, boned.....	325
Goose, Gizzard.....	3½ oz. serving.....	139
Goose, Raw.....	3½ oz. serving.....	354
Goose, Roasted.....	4 oz. piece, boned.....	315
Liver, Chopped Chicken.....	3 oz. portion.....	150
Pate Maison (Recipe Varies).....	3 oz. portion... 130 to 280	
Pheasant, Roasted.....	4 oz. piece, boned.....	150
Quail, Broiled.....	4 oz. portion.....	150
Squab, Broiled.....	3½ oz. serving, boned.....	279
Stuffing, Meat or Poultry.....	1/6 cup.....	110
Turkey, All Dark.....	4 oz. serving.....	327
Turkey, All White.....	4 oz. serving.....	280
Turkey, Gizzard.....	3½ oz. serving.....	188
Turkey, Raw.....	4 oz. piece, med. fat.....	304
Turkey, Roasted.....	4 oz. piece.....	318

FRUITS

(For fruit juices, see section on "Juices" or refer to section on "Cocktails and Appetizers.")

	Quantity	Calories
Apple (Medium).....	2½" diameter.....	76
Apple (Small).....	2¼" diameter.....	60
Apple, Baked, w/Sugar.....	2½" diameter.....	110
Apple, Baked, w/Sugar.....	3" diameter.....	158
Apple Sauce, Canned (Infant).....	1 oz. strained.....	17
Apple Sauce, Sweetened.....	8 oz. cup.....	184
Apple Sauce, Unsweetened.....	8 oz. cup.....	100
Apples, Dehydrated.....	1 lb. small pieces.....	1606
Apples, Dry - Uncooked.....	1 level 8 oz. cup.....	315
Apricots & Apples, Canned (Infant).....	1 oz. strained.....	18
Apricots, Canned (Infant).....	1 oz. strained.....	17
Apricots, Canned - Syrup Pack.....	4 med. size halves.....	97
Apricots, Canned - Syrup Pack.....	8 oz. cup halves.....	205
Apricots, Canned - Water Pack.....	8 oz. cup halves.....	77
Apricots, Dried (Large).....	1 level 8 oz. cup halves.....	423
Apricots, Dried (Small).....	1 level 8 oz. cup halves.....	393
Apricots, Dried - Cooked.....	8 oz. cup, sweetened.....	400
Apricots, Dried - Cooked.....	8 oz. cup, unsweetened.....	242
Apricots, Fresh.....	3 medium size.....	54
Apricots, Frozen.....	4 oz. serving.....	93
Apricots, Stewed.....	8 oz. cup.....	400
Avocado.....	½ of 3½" x 3¼" piece.....	279
Avocado.....	1 lev. 8 oz. cup ½" cu's.....	372
Bananas (Large).....	8" x 1½" piece.....	119
Bananas (Medium).....	6" x 1½" piece.....	88
Bananas, Diced.....	1 level 8 oz. cup.....	136
Bananas, Fried.....	1 med. (6" x 1½").....	112
Bananas, Sliced.....	1 level 8 oz. cup slices.....	136
Blackberries, Canned - Syrup Pack.....	8 oz. cup.....	216
Blackberries, Canned - Water Pack.....	8 oz. cup.....	104
Blackberries, Fresh.....	1 level 8 oz. cup.....	82
Blueberries, Canned - Syrup Pack.....	8 oz. cup.....	245
Blueberries, Canned - Water Pack.....	8 oz. cup.....	90
Blueberries, Fresh.....	1 level 8 oz. cup.....	85
Blueberries, Frozen.....	3 ounces, unsweetened.....	52
Cantaloupe.....	½ of 5" diameter.....	37
Cantaloupe.....	1 level 8 oz. cup diced.....	30
Cherries, Canned.....	8 oz. cup.....	122
Cherries, Fresh.....	1 level 8 oz. cup pitted.....	94
Cherries, Fresh.....	1 level 8 oz. cup.....	65
Cherries, Maraschino.....	1 med. size cherry.....	20
Citron, Dried.....	1" x 2" x ¼" piece.....	50
Cocoa Milk.....	8 oz. cup.....	60
Cocoanut, Fresh.....	2" x 2" x ½" piece.....	161
Cocoanut, Shredded.....	1 level 8 oz. cup.....	349
Crab Apple.....	1 med. size.....	30
Cranberries.....	1 level 8 oz. cup.....	54
Cranberry Sauce.....	8 oz. cup, sweetened.....	549
Currants, Cooked.....	8 oz. cup, sweetened.....	125
Currants, Dried.....	8 oz. cup, sweetened.....	145

FRUITS — Continued

	Quantity	Calories
Currants, Fresh.....	1 level 8 oz. cup.....	60
Figs, Canned w/Syrup.....	3 figs to 2 tbsps. syrup..	129
Figs, Canned w/Syrup.....	8 oz. cup.....	300
Figs, Dried.....	1 large size (2" x 1")..	57
Figs, Dried.....	1 level 8 oz. cup, cut...	453
Figs, Fresh.....	3 small size (1½" dia.)..	90
Fruit Cocktail, Canned.....	8 oz. cup.....	179
Fruit Cocktail, Fresh.....	¾ cup (6 oz.).....	85
Gooseberries.....	1 level 8 oz. cup.....	59
Grandilla (Passion Fruit).....	3½ ounces pulp & seeds	100
Grapes, Concord.....	1 bunch, 3½" x 3".....	55
Grapes, Concord.....	8 oz. cup, skins & seeds..	84
Grapes, Delaware.....	1 bunch, 3½" x 3".....	55
Grapes, Flame Tokay.....	8 oz. cup (40 of ¾" dia.)	102
Grapes, Malaga.....	8 oz. cup (40 of ¾" dia.)	102
Grapes, Muscat.....	8 oz. cup (40 of ¾" dia.)	102
Grapes, Niagara.....	1 bunch, 3½" x 3".....	55
Grapes, Scuppernong.....	1 bunch, 3½" x 3".....	55
Grapes, Sultana.....	8 oz. cup (40 of ¾" dia.)	102
Grapes, Thompson Seedless.....	8 oz. cup (40 of ¾" dia.)	102
Grapes, Tokay.....	8 oz. cup (40 of ¾" dia.)	102
Grapefruit.....	½ large (5" dia.).....	104
Grapefruit.....	½ med. (4¼" dia.).....	75
Grapefruit.....	½ small (3⅞" dia.)...	49
Grapefruit, Canned, Sweetened.....	8 oz. cup.....	181
Grapefruit, Canned, Unsweetened.....	8 oz. cup.....	90
Grapefruit, Sections.....	1 level 8 oz. cup.....	77
Guavas.....	1 guava (3 oz.).....	49
Huckleberries.....	1 level 8 oz. cup.....	85
Kumquat.....	3½ oz. piece.....	65
Kumquat.....	1 tablespoon.....	25
Lemon, Fresh.....	1 med. (2" x 2¾" x 2")	20
Lemon, Fresh.....	1 med. (2" dia.).....	19
Lemonade.....	8 oz. glass.....	100
Lichi Nuts.....	8 pieces (3½ oz.).....	64
Loganberries, Canned.....	8 oz. cup.....	104
Loganberries, Fresh.....	1 level 8 oz. cup.....	90
Longan, Dried.....	3½ oz. portion.....	286
Longan, Fresh.....	3½ oz. portion.....	61
Loquat.....	3½ oz. portion.....	48
Lotus Seeds.....	3½ oz. portion.....	351
Mamey Apple.....	3½ oz. portion.....	51
Mangos, Fresh.....	1 med. size (7 oz.).....	87
Mongasteen.....	3½ oz. portion.....	63
Melon, Cantaloupe.....	½ of 5" dia.....	37
Melon, Casaba.....	2" x 9" wedge.....	52
Melon, Honeydew.....	2" x 7" wedge.....	49
Melon, Persian.....	2" x 9" wedge.....	52
Muskmelon.....	½ of 5" dia.....	37
Nectarine.....	1 medium size.....	38
Olives, Green.....	10 olives (2½ oz.).....	72
Olives, Ripe.....	10 Ascalano (2½ oz.)..	70
Olives, Ripe.....	10 Manzanilla (2½ oz.)	72
Olives, Ripe.....	10 Mission (2½ oz.)...	106

FRUITS — Continued

	Quantity	Calories
Olives, Ripe.....	10 Sevilano (2½ oz.)...	70
Olives, Stuffed.....	5 mammoth (1½ oz.)...	55
Orange & Grapefruit Sec., Fresh.....	8 oz. cup.....	82
Orange, Large.....	3⅜" diameter.....	106
Orange, Medium.....	3" diameter.....	70
Orange, Small.....	2½" diameter.....	49
Orange, Sections.....	1 level 8 oz. cup.....	87
Orange Juice, Canned.....	8 oz. cup, sweetened...	135
Orange Juice, Canned.....	8 oz. cup, unsweetened	110
Orange Juice, Canned Concentrate.....	2 tablespoons (1 oz.)...	65
Orange Juice, Canned Concentrate.....	3 fl. oz., diluted 1 to 7.	36
Orange Juice, Canned Concentrate.....	3 fl. oz., undiluted.....	229
Orange Juice, Frozen Concentrate.....	1 can (6 fl. oz.).....	300
Orange Juice, Frozen Concentrate.....	3 fl. oz., diluted 1 to 3.	42
Orange Juice, Frozen Concentrate.....	3 fl. oz., undiluted.....	149
Orange Juice, Frozen Concentrate.....	1 tablespoon, undiluted	10
Papaya, Fresh.....	8 oz. cup of ½" cubes..	71
Passion Fruit (Grandilla).....	3½ ounces, pulp & seeds	94
Peach, Fresh.....	1 med. size (2½" x 2"	46
Peach, Fresh, Sliced.....	8 oz. cup.....	77
Peaches, Canned (Infant).....	1 ounce, strained.....	17
Peaches, Canned - Syrup Pack.....	8 oz. cup.....	174
Peaches, Canned - Syrup Pack.....	2 med. halves, w/syrup.	79
Peaches, Canned - Water Pack.....	8 oz. cup.....	66
Peaches, Dried, Sulphured - no Sugar.....	8 oz. cup, cooked.....	320
Peaches, Dried, Sulphured - w/Sugar.....	8 oz. cup, cooked.....	366
Pears, Canned (Infant).....	1 ounce, strained.....	15
Pears, Canned - Syrup Pack.....	8 oz. cup.....	174
Pears, Canned - Syrup Pack.....	2 med. halves, w/syrup.	79
Pears, Canned - Water Pack.....	8 oz. cup.....	75
Pears, Fresh.....	1 med. (3" x 2½" dia.)..	95
Pears, Fresh (Quarters).....	8 oz. cup.....	120
Pears, Spiced - w/Syrup.....	1 med. size.....	79
Persimmons, Seeded Type.....	2¼" diameter.....	74
Persimmons, Seedless.....	2¼" diameter.....	95
Pineapple, Canned - Syrup Pack.....	2 small slices.....	95
Pineapple, Canned - Syrup Pack.....	1 large slice.....	95
Pineapple, Crushed.....	8 oz. cup.....	204
Pineapple, Fresh, Diced.....	8 oz. cup.....	74
Pineapple, Fresh, Sliced.....	¾" x 3½" dia.....	44
Pineapple, Frozen.....	4 oz. package.....	97
Pitanga.....	3½ oz. portion.....	51
Plantain.....	3½ oz. portion.....	119
Plums, Canned.....	8 oz. cup.....	186
Plums, Canned.....	3 prunes & juice (4½ oz.)	92
Plums, Fresh.....	2" diameter.....	29
Plums, Fresh (Halves).....	1 level 8 oz. cup.....	94
Pomegranate.....	1 med. size.....	75
Prickly Pear.....	1 med. size.....	52
Prunes, Canned (Infant).....	1 ounce, strained.....	28
Prunes, Cooked - no Sugar.....	8 oz. cup.....	310
Prunes, Cooked - Sugar Added.....	8 oz. cup.....	483
Prunes, Dried (Large).....	1-2/3" x 1" x 2/3".....	24
Prunes, Dried (Medium).....	1½" x 1" x ½".....	18

FRUITS — Continued

	Quantity	Calories
Prunes, Dried (Small).....	1-1/3" x 1" x 1/2".....	14
Prunes, Dried.....	8 oz. cup.....	375
Prunes, Stewed - no Sugar.....	1 pound.....	523
Prunes, Stewed - w/Sugar.....	1 pound.....	695
Pummelo.....	3 1/2 oz. portion.....	48
Quince, Fresh.....	1 med. size.....	35
Raisins - Sugar Added.....	8 oz. cup.....	572
Raisins, Dried.....	8 oz. cup.....	429
Raisins, Dried.....	1 tablespoon.....	26
Raspberries, Canned.....	8 oz. cup.....	250
Raspberries, Fresh - Black.....	8 oz. cup.....	100
Raspberries, Fresh - Red.....	8 oz. cup.....	70
Raspberries, Frozen.....	2 oz. package.....	84
Rhubarb, Canned.....	8 oz. cup.....	383
Rhubarb, Canned.....	1 pound.....	639
Rhubarb, Fresh.....	8 oz. cup, diced.....	19
Rhubarb, Stewed.....	8 oz. cup.....	383
Roseapple.....	3 1/2 oz. portion.....	56
Sapodilla.....	3 1/2 oz. portion.....	89
Sapote.....	3 1/2 oz. portion.....	125
Soursop.....	3 1/2 oz. portion.....	65
Strawberries, Fresh.....	8 oz. cup.....	54
Strawberries, Frozen.....	3 oz. package.....	90
Tamarind.....	3 1/2 oz. portion.....	239
Tangerine, Fresh.....	1 med. size (2 1/2" dia.).....	35
Tomatoes, Canned.....	8 oz. cup.....	46
Tomatoes, Fresh.....	1 med. (2" x 2 1/2").....	30
Tomatoes, Fresh.....	1 small (1 3/4" x 2 1/4").....	22
Tomatoes, Stewed.....	8 oz. cup.....	50
Watermelon.....	1/2 slice, 3/4" x 10".....	45
Watermelon.....	4" x 8" wedge.....	120

JUICES

	Quantity	Calories
Apple, Canned.....	8 oz. glass.....	124
Apple, Fresh.....	8 oz. glass.....	123
Apricot.....	4 oz. glass.....	175
Blackberry.....	4 oz. glass.....	35
Blueberry.....	4 oz. glass.....	32
Carrot.....	4 oz. glass.....	25
Cider, Apple-Fermented.....	8 oz. glass.....	95
Cider, Apple-Sweet.....	8 oz. glass.....	115
Clam.....	4 oz. glass.....	45
Cocoanut Milk.....	8 oz. glass.....	60
Currant.....	4 oz. glass.....	55
Grape, Bottled.....	4 oz. glass (undiluted).....	85
Grapefruit, Canned-Sweetened.....	8 oz. glass.....	131
Grapefruit, Canned-Sweetened.....	3 1/2 oz. serving.....	52
Grapefruit, Canned-Unsweetened.....	8 oz. glass.....	92
Grapefruit, Canned-Unsweetened.....	3 1/2 oz. serving.....	38
Grapefruit, Fresh.....	8 oz. glass.....	87
Grapefruit, Frozen Concentrate.....	1 can (6 fl. oz.).....	297
Grapefruit, Frozen Concentrate.....	3 fl. oz. (diluted 1 to 3).....	42
Grapefruit, Frozen Concentrate.....	3 fl. oz. (undiluted).....	147

JUICES — Continued

	Quantity	Calories
Grapefruit - Orange, Canned - Sweet.	8 oz. glass.....	132
Grapefruit - Orange, Canned - Sweet.	3 fl. oz.....	52
Grapefruit - Or., Canned - Unsweet.	8 oz. glass.....	99
Grapefruit - Or., Canned - Unsweet.	3 fl. oz.....	40
Grapefruit - Orange, Frozen Concen.	1 can (6 fl. oz.).....	297
Grapefruit - Orange, Frozen Concen.	3 fl. oz. (diluted 1 to 3)...	42
Grapefruit - Orange, Frozen Concen.	3 fl. oz. (undiluted)....	149
Kraut.....	4 oz. glass.....	25
Lemon, Canned - Unsweetened.....	8 oz. glass.....	59
Lemon, Canned - Unsweetened.....	1 tablespoon.....	4
Lemon, Fresh.....	8 oz. cup.....	59
Lemonade.....	8 oz. glass.....	100
Lime, Fresh.....	4 oz. glass.....	29
Loganberry.....	4 oz. glass.....	68
Nectarine.....	4 oz. glass.....	53
Orange, Canned - Concentrate.....	3 fl. oz. (diluted 1 to 7)...	36
Orange, Canned - Concentrate.....	3 fl. oz. (undiluted)....	229
Orange, Canned - Sweetened.....	8 oz. glass.....	135
Orange, Canned - Sweetened.....	3 fl. oz.....	54
Orange, Canned - Unsweetened.....	8 oz. glass.....	110
Orange, Canned - Unsweetened.....	3 fl. oz.....	44
Orange, Fresh.....	8 oz. glass.....	108
Orange, Fresh.....	3½ oz. serving.....	44
Orange, Frozen - Concentrate.....	1 can (6 fl. oz.).....	300
Orange, Frozen - Concentrate.....	3 fl. oz. (diluted 1 to 3)...	42
Orange, Frozen - Concentrate.....	3 fl. oz. (undiluted)....	149
Orangeade.....	8 oz. glass.....	100
Orange - Grapefr., Canned-Sweet.....	8 oz. glass.....	132
Orange - Grapefr., Canned-Sweet.....	3 fl. oz.....	52
Orange - Grapefr., Canned-Unsweet.	8 oz. glass.....	99
Orange - Grapefr., Canned - Unsw.....	3 fl. oz.....	40
Orange-Grapefr., Frozen Concen.....	1 can (6 fl. oz.).....	297
Orange - Grapefr., Frozen Concen.....	3 fl. oz. (diluted 1 to 3)...	42
Orange - Grapefr., Frozen Concen.....	3 fl. oz. (undiluted)....	147
Papaya.....	4 oz. glass.....	65
Papaya Juice Ade.....	8 oz. glass.....	70
Peach Nectar.....	4 oz. glass.....	62
Pear Nectar.....	4 oz. glass.....	48
Pineapple, Canned.....	4 oz. glass.....	60
Pineapple, Frozen.....	4 oz. glass.....	97
Pineapple, Juice Ade.....	8 oz. glass.....	95
Pomegranite.....	4 oz. glass.....	75
Prune.....	4 oz. glass.....	85
Raspberry.....	4 oz. glass.....	66
Sauerkraut.....	4 oz. glass.....	25
Soybean Milk.....	8 oz. glass.....	75
Tangerine, Canned - Unsweetened.....	8 oz. glass.....	95
Tangerine, Canned - Unsweetened.....	3 fl. oz.....	39
Tangerine, Fresh.....	4 oz. glass.....	48
Tangerine, Fresh.....	3 fl. oz.....	39
Tomato.....	8 oz. glass.....	50
Tomato.....	4 oz. glass.....	25
V-8 Cocktail.....	4 oz. glass.....	24
Vegetable.....	4 oz. glass.....	38

MEAT

	Quantity	Calories
Bacon, Broiled or Fried.....	2 slices.....	97
Bacon, Canadian.....	4 oz. portion.....	262
Bacon Fat.....	1 tablespoon.....	100
Beef, Boiled.....	3 oz. portion.....	185
Beef, Canned (Infant Food).....	1 ounce, strained.....	30
Beef, Canned - Roast Beef.....	3 oz. portion.....	189
Beef, Chipped.....	8 oz. cup.....	336
Beef, Chipped & Creamed.....	4 oz. cup.....	175
Beef, Corned, Boiled.....	4" x 1½" x 1" piece.....	100
Beef, Corned, Canned.....	3 oz. (lean).....	159
Beef, Corned, Canned.....	3 oz. (med. fat.).....	182
Beef, Corned - Canned.....	3 oz. (fat).....	221
Beef, Corned and Hashed.....	3 oz. portion.....	120
Beef, Chuck and Cooked.....	3 oz. without bone.....	265
Beef, Flank and Cooked.....	3 oz. without bone.....	270
Beef, Hamburger.....	1 lb. portion.....	1654
Beef, Hamburger.....	3 oz. portion.....	316
Beef, Dried.....	1 cup (165 gm.).....	336
Beef, Dried.....	2 oz. portion.....	115
Beef, Heart.....	3 oz. portion.....	90
Beef, Kidney.....	3 oz. portion.....	120
Beef, Liver - Cooked.....	2 oz. fried.....	118
Beef, Liver - Infant.....	1 oz. strained.....	30
Beef, Lung.....	4 oz. portion.....	105
Beef, Porterhouse and Cooked.....	1 lb. w/bone.....	1269
Beef, Porterhouse and Cooked.....	1 lb. without bone.....	1554
Beef, Porterhouse and Cooked.....	3 oz. without bone.....	293
Beef, Pot Roast — Cooked.....	3 oz. portion.....	250
Beef, Rib Roast and Cooked.....	1 lb. w/bone.....	1050
Beef, Rib Roast and Cooked.....	1 lb. without bone.....	1449
Beef, Rib Roast and Cooked.....	3 oz. without bone.....	266
Beef, Round Steak and Cooked.....	1 lb. w/bone.....	917
Beef, Round Steak and Cooked.....	1 lb. without bone.....	1057
Beef, Round Steak and Cooked.....	3 oz. without bone.....	197
Beef, Rump and Cooked.....	1 lb. w/bone.....	1171
Beef, Rump and Cooked.....	1 lb. without bone.....	1714
Beef, Rump and Cooked.....	3 oz. without bone.....	320
Beef, Sirloin and Cooked.....	1 lb. w/bone.....	1173
Beef, Sirloin and Cooked.....	1 lb. without bone.....	1346
Beef, Sirloin and Cooked.....	3 oz. without bone.....	257
Beef, Stew.....	1 cup (8 oz.).....	350
Beef, Sweetbread.....	½ cup (4 oz.).....	100
Beef, Swiss Steak.....	4" x 1" x ¾" piece.....	130
Beef, T-Bone Steak.....	3 oz. portion.....	250
Beef, Tenderloin Steak.....	3 oz. portion.....	248
Beef, Tongue.....	4 oz. (med. fat).....	235
Beef, Tongue - pickled.....	4 oz. portion.....	252
Beef, Tripe.....	½ cup (4 oz.).....	100
Beef & Vegetable Stew.....	1 lb. portion.....	487
Beef & Vegetable Stew.....	8 oz. cup.....	252
Bologna.....	1" x 1½" dia. piece.....	467
Brains, All Animals.....	3 oz. portion.....	106
Buffalo Meat.....	3½ oz. portion.....	206
Calves Brains.....	3 oz. portion.....	105

MEAT — Continued

	Quantity	Calories
Calves Liver.....	3 oz. portion.....	120
Cervelat.....	2" dia. x 1/4" piece.....	50
Chipped Beef.....	8 oz. cup.....	336
Chipped Beef.....	2 oz. portion.....	115
Chipped Beef, Creamed.....	1/2 cup (4 oz.).....	175
Corned Beef, Boiled.....	4" x 1 1/2" x 1" piece.....	100
Corned Beef, Canned.....	3 oz. portion (lean).....	159
Corned Beef, Canned.....	3 oz. portion (med. fat).....	182
Corned Beef, Canned.....	3 oz. portion (fat).....	221
Corned Beef Hash.....	3 oz. portion.....	120
Filet Mignon.....	3 oz. portion.....	248
Frankfurter.....	1 lb. portion.....	1131
Frankfurter.....	1 average (1 1/2 oz.).....	124
Gravy, Thick.....	1 tablespoon.....	50
Gravy, Thin.....	1 tablespoon.....	35
Ham, Baked.....	4 1/4" x 4" x 1/2" slice.....	265
Ham, Boiled.....	1 lb. w/bone.....	1432
Ham, Boiled.....	1 lb. without bone.....	1818
Ham, Boiled.....	3 oz. without bone.....	338
Ham, Boiled - Luncheon.....	2 oz. portion.....	172
Ham, Deviled.....	2 tablespoons (1 oz.).....	100
Ham, Fried.....	3 oz. portion.....	342
Ham, Hocks.....	3 oz. portion.....	340
Ham, Loaf.....	3 oz. portion.....	355
Ham, Luncheon - Boiled.....	2 oz. portion.....	172
Ham, Luncheon - Canned & Spiced.....	2 oz. portion.....	164
Ham, Picnic.....	4 1/2" x 3 1/2" x 1/3" pc.....	325
Ham, Prosciutto.....	1 1/2 oz. portion.....	170
Ham, Smoked.....	1 lb. w/bone.....	1496
Ham, Smoked.....	1 lb. without bone.....	1804
Ham, Smoked.....	3 oz. without bone.....	339
Hamburger, Ground Beef.....	3 oz. portion.....	316
Head Cheese (sausage).....	3 oz. piece.....	70
Heart, Beef.....	3 oz. lean.....	92
Heart, Calf — Infant.....	1 oz. strained.....	23
Heart, Pork.....	2 oz. portion.....	100
Horsemeat.....	3 1/2 oz. portion.....	218
Kidneys, Beef.....	3 oz. portion.....	120
Kidneys, Pork.....	3 oz. portion.....	97
Kidneys, Sheep.....	3 oz. portion.....	89
Lamb, Canned — Infant.....	1 oz. strained.....	30
Lamb Chops, Broiled or Fried.....	1 lb. w/bone.....	1254
Lamb Chops, Broiled or Fried.....	1 lb. without bone.....	1900
Lamb Chops, Broiled or Fried.....	3 oz. without bone.....	356
Lamb, Roast Leg.....	1 lb. w/bone.....	981
Lamb, Roast Leg.....	1 lb. without bone.....	1241
Lamb, Roast Leg.....	3 oz. without bone.....	230
Lamb or Sheep Liver.....	3 oz. portion.....	116
Lamb, Shoulder Roast.....	1 lb. with bone.....	1160
Lamb, Shoulder Roast.....	1 lb. without bone.....	1551
Lamb, Shoulder Roast.....	3 oz. without bone.....	293
Lamb, Sirloin Chops.....	2 1/2" x 1 1/2" x 3/4" piece.....	110
Lamb Stew.....	8 oz. cup.....	252
Liver, Canned - Infant.....	1 oz. strained.....	30

MEAT — Continued

	Quantity	Calories
Liver, Calves.....	3 oz. portion.....	120
Liver, Beef.....	2 oz. fried.....	118
Liver, Steer.....	3 oz. portion.....	119
Liver, Infant Food.....	1 oz. strained.....	30
Liver Spread.....	2 tablespoons (1 oz.)...	95
Liverwurst.....	2 oz. slice.....	150
Meat Balls.....	1 med., 3 oz.....	316
Meat Loaf.....	1 slice, 3 oz.....	316
Mutton, Chops or Roast.....	100 gm. (thin fat).....	206
Mutton, Chops or Roast.....	100 gm. (medium fat).....	317
Pastrami.....	2 med. slices, 2 oz.....	170
Pigs Feet, Boiled.....	4 oz. portion.....	185
Pigs Feet, Pickled.....	4 oz. portion.....	230
Pork, Boston Butt.....	3½ oz. portion.....	455
Pork, Canned — Infant.....	1 oz. strained.....	36
Pork, Canned — Spiced.....	2 oz. portion.....	165
Pork Chops.....	1 lb. w/bone.....	1149
Pork Chops.....	1 lb. without bone.....	1508
Pork Chops.....	1 chop (3½ oz.).....	293
Pork Chops.....	3 ozs. without bone.....	284
Pork, Cured Bacon.....	3½ oz. port. (med. fat).....	630
Pork, Cured Ham.....	3½ oz. portion (lean).....	310
Pork, Cured Ham.....	3½ oz. port. (med. fat).....	389
Pork, Medium Fat — Carcass.....	3½ oz. portion.....	457
Pork, Thin Carcass.....	3½ oz. portion.....	376
Pork, Leg Roast.....	3 oz. portion.....	270
Pork, Liver.....	3 oz. portion.....	114
Pork, Loin — Roasted.....	1 lb. w/bone.....	1149
Pork, Loin — Roasted.....	1 lb. without bone.....	1508
Pork, Loin — Roasted.....	1 chop (3½ oz.).....	293
Pork, Loin — Roasted.....	3 oz. without bone.....	284
Pork, Salt.....	3 oz. portion.....	200
Pork, Salt.....	3½ oz. portion.....	712
Pork, Sausage, Dried.....	3½ oz. portion.....	603
Pork, Sausage, — Canned.....	4 oz. portion.....	340
Pork, Spareribs.....	3½ oz. (thin).....	302
Pork, Spareribs.....	3½ oz. (medium).....	351
Pork, Tenderloin.....	3 oz. portion.....	225
Pork, Tongue.....	3½ oz. portion.....	214
Porterhouse Steak.....	1 lb. w/bone.....	1269
Porterhouse Steak.....	1 lb. without bone.....	1554
Porterhouse Steak.....	3 oz. without bone.....	293
Potroast, Beef.....	3 oz. portion.....	250
Rabbit.....	3½ oz. portion.....	162
Rib Roast (Beef).....	1 lb. w/bone.....	1050
Rib Roast (Beef).....	1 lb. without bone.....	1449
Rib Roast (Beef).....	3 oz. without bone.....	266
Round Steak (Beef).....	1 lb. w/bone.....	917
Round Steak (Beef).....	1 lb. without bone.....	1057
Round Steak (Beef).....	3 oz. without bone.....	197
Rump Roast (Beef).....	1 lb. w/bone.....	1171
Rump Roast (Beef).....	1 lb. without bone.....	1714
Rump Roast (Beef).....	3 oz. without bone.....	320
Sausage, Bologna.....	1 lb. 10" x 2¾" dia.....	1005

MEAT — Continued

	Quantity	Calories
Sausage, Bologna.....	1" x 1½" dia. piece....	467
Sausage, Cervelat.....	2" dia. x ¼" piece....	50
Sausage, Frankfurter.....	1 lb. portion.....	1131
Sausage, Frankfurter.....	1 average (1½ oz.)....	124
Sausage, Liverwurst.....	2 oz. slice.....	150
Sausage, Pork (Links or Bulk).....	4 oz. portion.....	510
Sausage, Pork — Canned.....	4 oz. portion.....	340
Sausage, Salami.....	1" thick x 1½" dia.....	467
Sausage, Summer.....	2½" x 2½" x ¼" slice....	50
Sausage, Vienna.....	4 oz. portion.....	244
Sheep or Lamb Liver.....	3 oz. portion.....	116
Sirloin Steak.....	1 lb. w/bone.....	1173
Sirloin Steak.....	1 lb. without bone....	1346
Sirloin Steak.....	3 oz. without bone....	257
Steer Liver.....	2 oz. portion.....	119
Summer Sausage.....	2½" x ¼" slice.....	50
Sweetbreads, Broiled.....	½ cup (4 oz.).....	100
Sweetbreads, Creamed.....	½ cup (4 oz.).....	300
Swiss Steak (Beef).....	4" x 1" x ¾" piece....	130
T-Bone Steak (Beef).....	3 oz. portion.....	250
Tenderloin steak (Beef).....	3 oz. portion.....	248
Tongue, Beef.....	4 oz. (med. fat).....	235
Tongue, Pickled (Beef).....	4 oz. portion.....	252
Tongue, Canned.....	4 oz. portion.....	252
Tripe.....	4 oz. piece.....	170
Veal, Canned - Infant.....	1 oz. strained.....	24
Veal, Carcass.....	3½ oz. (thin).....	156
Veal, Carcass.....	3½ oz. (medium fat)....	190
Veal Chop.....	4 oz. portion.....	180
Veal Cutlet, Breaded.....	1 lb. without bone....	993
Veal Cutlet, Breaded.....	3 oz. without bone....	184
Veal Cutlet, Broiled.....	1 lb. without bone....	961
Veal Cutlet, Broiled.....	3 oz. without bone....	176
Veal Kidneys.....	3 oz. portion.....	120
Veal Liver.....	3 oz. portion.....	120
Veal Roast.....	1 lb. with bone.....	762
Veal Roast.....	1 lb. without bone....	1029
Veal Roast.....	3 oz. without bone....	193
Veal Steak.....	4 oz. portion.....	235
Veal Stew.....	8 oz. cup.....	250
Veal Stew Meat.....	1 lb. without bone....	1344
Veal Stew Meat.....	3 oz. without bone....	252
Vegetable & Beef Stew.....	1 lb. portion.....	487
Vegetable & Beef Stew.....	8 oz. cup.....	252
Venison.....	4 oz. slice.....	225
Wienerschnitzel.....	4 oz. slice.....	275
Vienna Sausage, Canned.....	4 oz. portion.....	244

MISCELLANEOUS

	<i>Quantity</i>	<i>Calories</i>
Bread Crumbs, Dry - grated	8 oz. cup	339
Buffalo Meat	1 portion (3½ oz.)	206
Cheese Souffle	½ cup (4 oz.)	280
Chili Con Carne (without beans)	1/3 cup — 60% meat	170
Chop Suey	½ cup (4 oz.)	250
Chow Mein	½ cup (4 oz.)	150
Dumplings	3" dia. portion	100
Hungarian Goulash	8 oz. cup	300
Milk, Goat's	1 cup (8 oz.)	165
Pizza Pie	1/7 of 9" dia.	245
Rabbit	1 portion (3½ oz.)	162
Reindeer Milk	½ cup (4 oz.)	98
Sesame Seeds, Whole	3½ oz. portion	568
Sheep's Milk	½ cup (4 oz.)	110
Sugar Apple	1 portion (3½ oz.)	94
Waffles	4½" x 5⅝" x ½"	215
Welsh Rarebit	8 oz. cup	200
Yeast	1 ounce cake	24
Yeast, Dry	1 tablespoon	22
Yogurt	8 oz. cup	75

NUTS

	<i>Quantity</i>	<i>Calories</i>
Almonds, Shelled	½ cup	424
Almonds, In Shell	1 cup	238
Brazil, Shelled	½ cup — 16 kernels	452
Brazil, In Shell	1 cup — 14 nuts	394
Butter	5 to 6 nuts	100
Cashew	1 ounce roasted	164
Chestnut, Fresh	3½ ounces	191
Cocoanut, Fresh	1 pc. 2" x 2" x ½"	161
Cocoanut, Shredded	1 cup	349
Filbert	1 cup	905
Hazel	8 to 10 nuts	100
Hickory	12 to 15 nuts	100
Lichi, Fresh	3½ ounces	64
Lichi, Dried	3½ ounces	277
Lotus Seeds	3½ ounces	351
Peanuts, Chopped	1 tablespoon	50
Peanuts, Shelled	1 cup	805
Peanuts, In Shell	12 to 15 nuts	100
Peanuts, Spanish	¼ cup	240
Pecans	1 cup of halves	752
Pecans, Chopped	1 tablespoon	52
Pine	12 to 15 nuts	100
Pistachio	12 med. nuts	100
Sesame Seeds, Whole	3½ ounces	568
Singharanut, Fresh	3½ ounces	72
Walnuts, Black	11 halves	100
Walnuts, Black	1 tbsp. chopped	50
Walnuts, English	1 cup halves	654
Walnuts, English	1 tbsp chopped	49
Walnuts, Persian	1 cup halves	654
Walnuts, Persian	1 tbsp. chopped	49

SALADS

(Salads include a serving of lettuce where usually included with items listed. Add to count shown all condiments and sauces used. If salad is large and actually used for main course, double the count as listed herein.)

	Quantity	Calories
Asparagus Tips.....	5 med. spears used.....	35
Avacado.....	1/2 of 3 1/2" x 3 1/4" pear.....	279
Avacado.....	1/2 cup 1/2" cubes used.....	186
Cabbage Slaw.....	1 cup shreds used.....	30
Banana.....	1 med. used.....	95
Cabbage & Raisin.....	1 cup shredded used.....	60
Chicken Salad.....	1/2 cup chicken used.....	75
Chicken Livers, Chopped.....	3 ounce portion used.....	150
Cole Slaw.....	1 cup shreds used.....	30
Combination.....	1 cup (level).....	35
Crab Meat.....	1/2 cup (packed).....	100
Dandelion Greens.....	1 cup (packed).....	100
Deviled Meat.....	2 tbsp. rounded used.....	150
Eggs, Deviled.....	2 halves used.....	148
Eggs, Sliced.....	1 med. used.....	85
Endive.....	1 cup (packed).....	50
Endive & Grapefruit.....	1 cup (packed).....	65
Escarole.....	1 cup (packed).....	50
Fig, Fresh.....	3 small used (114 gm.).....	100
Fruit Combination - Canned.....	3/4 cup (6 oz.).....	135
Fruit Combination, Fresh.....	3/4 cup (6 oz.).....	95
Herring.....	1/2 cup (4 oz.).....	115
Lettuce.....	4 leaves used.....	7
Lettuce & Tomato.....	1 cup (heaped).....	25
Lobster, Canned.....	3 oz. portion used.....	90
Lobster, Fresh.....	3 oz. portion used.....	85
Pineapple.....	1/2 cup used.....	115
Pineapple & Cheese.....	3/4 cup portion.....	218
Potato.....	1/2 cup (4 oz.).....	100
Salmon.....	1/2 cup used.....	200
Sardine.....	3 ounces used.....	200
Seafood Combination.....	1/2 cup (packed).....	100
Shrimp.....	1/2 cup (packed).....	90
Tomato & Cheese.....	1/2 cup (packed).....	95
Tomato & Cucumber.....	1/2 cup (packed).....	35
Tomato & Lettuce.....	1 cup (heaped).....	25
Tomato, Stuffed.....	1 small used.....	75
Tossed.....	1 cup (packed).....	35
Tuna.....	4 tbsp. used.....	110
Vegetable Combination.....	1/2 cup.....	40
Waldorf.....	1/2 cup (packed).....	145

SANDWICHES

(Calorie count includes two slices of unbuttered white bread. If white toast is used, subtract 4 from total; wholewheat, subtract 20; wholewheat toasted, subtract 24; raisin, add 30; raisin toasted, add 22; rye, subtract 16; rye toasted, subtract 20. For other breads, not listed here, refer to breadstuffs and figure the calorie count of bread used against the calorie count of the white bread included in count. If butter, oleomargarine, mayonnaise or other spread is used, be sure to add the calorie content to the total listed here.)

	Quantity	Calories
American Cheese.....	2 med. slices used.....	330
Bacon & Egg.....	2 slices & 1 egg.....	327
Bacon & Lettuce.....	2 slices each used.....	232
Bacon & Tomato.....	2 slices used.....	235
Barbecue Beef.....	2 oz. of beef used.....	250
Barbecue Pork.....	2 oz. pork used.....	310
Beef, Roast.....	2 oz. beef used.....	310
Beef, Corned.....	2 oz. beef used.....	250
Bologna.....	2 slices used.....	180
Calves Liver.....	3 ounces used.....	250
Camembert Cheese.....	1 triangle used.....	215
Cervelat.....	2 slices 1/4" thick.....	230
Chateau Cheese.....	2 ounce piece used.....	330
Cheddar Cheese.....	2 ounces used.....	356
Cheeseburger.....	1 oz. cheese, 3 oz. meat.....	546
Chicken Liver.....	3 oz. used.....	285
Chicken Salad.....	3 ounces used.....	210
Chicken, Sliced.....	2 slices (4 oz.).....	258
Chicken, Sliced (w/gravy).....	2 slices (4 oz.).....	398
Club.....	3 decker sandwich.....	575
Corned Beef.....	2 oz. beef used.....	250
Crabmeat Salad.....	4 ounces used.....	280
Cream Cheese.....	2 ounces used.....	342
Cream Cheese & Jelly.....	2 ounces used.....	442
Cream Cheese & Olives.....	2 ounces used.....	392
Egg, Fried.....	1 med. egg.....	230
Egg Salad.....	1 med. egg.....	265
Frankfurter.....	1 med. used.....	254
Fillet of Sole.....	4 ounces fish.....	208
Ham, Baked.....	1 lg. 1/2" slice.....	395
Ham, Boiled.....	3 ounces sliced.....	468
Ham, Fried.....	3 ounces sliced.....	472
Ham, Luncheon Meat.....	3 ounces sliced.....	388
Ham Salad.....	3 ounces used.....	474
Ham & Swiss.....	3 oz. ham, 1 oz. swiss.....	573
Hamburger.....	1 1/2 oz. ground beef.....	288
Lettuce & Tomato.....	1 med. tomato, 4 leaves.....	167
Liverwurst.....	2 slices (4 oz.).....	430
Oyster, Fried.....	3 lg. used.....	242
Pastrami.....	2 med. slices used.....	300
Peanut Butter.....	2 tbsp. used.....	330
Pimento Cheese.....	2 ounces used.....	334
Pork Chop.....	1 chop used.....	423

SANDWICHES — Continued

	Quantity	Calories
Pork Sausage.....	4 ounces used.....	470
Roast Beef.....	2 ounces beef used.....	310
Roast Pork.....	3 ounces used.....	414
Roquefort.....	2 ounces used.....	304
Roquefort Cream Spread.....	2 ounces used.....	334
Salami.....	2 slices used.....	180
Salmon Salad.....	3 ounces used.....	370
Sardine.....	3 ounces used.....	358
Shrimp, Fried.....	6 med. used.....	230
Sole, Fillet of.....	4 ounce fish.....	230
Summer Sausage.....	2 slices 1/4" thick.....	230
Swiss Cheese.....	3 ounces sliced.....	445
Tongue.....	4 ounces sliced.....	365
Tuna.....	3 ounces used.....	280
Tuna Salad.....	4 ounces used.....	330
Turkey.....	4 ounces sliced.....	448
Vienna Sausage.....	4 ounces used.....	374
Western.....	1 med. egg.....	400

SOUPS AND BROTHS

	Quantity	Calories
Asparagus, Creamed (Condensed).....	11 oz. can.....	279
Asparagus, Creamed (as served).....	8 oz. cup.....	201
Barley (Condensed).....	11 oz. can.....	291
Barley (as served).....	8 oz. cup.....	117
Bean, Navy (Condensed).....	11 oz. can.....	481
Bean, Navy (As served).....	8 oz. cup.....	191
Beef Broth (Condensed).....	11 oz. can.....	248
Beef Broth (As Served).....	8 oz. cup.....	100
Beef, Creamed.....	8 oz. cup.....	205
Bouillon, Clear (Condensed).....	11 oz. can.....	26
Bouillon, Clear (As Served).....	8 oz. cup.....	9
Bouillon Cubes.....	5/8" sq. cube.....	2
Celery, Creamed (As Served).....	8 oz. cup.....	201
Chicken Broth.....	8 oz. cup.....	50
Chicken, Creamed.....	8 oz. cup.....	200
Chicken, Gumbo.....	8 oz. cup.....	155
Chicken, Infant Food.....	1 oz. strained.....	17
Chicken & Motzoth Balls.....	1 cup & 2 Balls.....	200
Chicken Noodle.....	8 oz. cup.....	100
Chicken, Regular (Condensed).....	11 oz. can.....	187
Chicken, Regular (As Served).....	8 oz. cup.....	75
Chicken & Rice.....	8 oz. cup.....	100
Clam Chowder (As Served).....	8 oz. cup.....	86
Consomme, Clear (Condensed).....	11 oz. can.....	25
Consomme, Clear (As Served).....	8 oz. cup.....	9
Corn Chowder, Creamed.....	8 oz. cup.....	198
Corn, Creamed.....	8 oz. cup.....	200
Creamed Soups (Most).....	8 oz. cup average.....	200
Duck, Creamed.....	8 oz. cup.....	210

SOUPS AND BROTHS — Continued

	Quantity	Calories
Gumbo Creole.....	8 oz. cup.....	100
Lentil (Condensed).....	11 oz. can.....	380
Lentil (As Served).....	8 oz. cup.....	109
Liver - Infant Food.....	1 oz. strained.....	16
Mock Turtle.....	8 oz. cup.....	165
Mulligatawny.....	8 oz. cup.....	150
Mushroom, Creamed (Condensed).....	11 oz. can.....	279
Mushroom, Creamed (As Served).....	8 oz. cup.....	201
Mutton.....	8 oz. cup.....	110
Mutton, Creamed.....	8 oz. cup.....	195
Navy Bean (Condensed).....	11 oz. can.....	481
Navy Bean (As Served).....	8 oz. cup.....	191
Navy Bean — Dehydrated.....	1 oz. portion.....	92
Noodle Soup (Condensed).....	11 oz. can.....	291
Noodle Soup (As Served).....	8 oz. cup.....	117
Onion, Creamed.....	8 oz. cup.....	200
Onion, French.....	8 oz. cup.....	125
Oxtail.....	8 oz. cup.....	150
Oyster Stew, ½ Creamed & ½ Milk.....	8 oz. cup.....	200
Oyster Stew, Whole Milk (1 to 1).....	8 oz. cup.....	244
Oyster Stew, Whole Milk (1 to 1).....	1 pound.....	461
Oyster Stew, Whole Milk (1 to 3).....	8 oz. cup.....	209
Oyster Stew, Whole Milk (1 to 3).....	1 pound.....	413
Oyster Stew, Skimmed Milk.....	8 oz. cup.....	155
Pea, (Condensed).....	11 oz. can.....	357
Pea (As Served).....	8 oz. cup.....	141
Pea, Creamed.....	8 oz. cup.....	205
Pea, Dehydrated.....	1 oz. portion.....	93
Pepperpot.....	8 oz. cup.....	175
Potato.....	8 oz. cup.....	185
Potato, Creamed.....	8 oz. cup.....	215
Rice (Condensed).....	11 oz. can.....	291
Rice (As Served).....	8 oz. cup.....	117
Scotch Broth.....	8 oz. cup.....	100
Soups, Creamed (Most).....	8 oz. cup.....	200
Soups, Clear or Broth.....	8 oz. cup.....	15
Spinach, Creamed.....	8 oz. cup.....	205
Split Pea (Condensed).....	11 oz. can.....	357
Split Pea (As Served).....	8 oz. cup.....	141
Split Pea, Creamed.....	8 oz. cup.....	205
Split Pea, Dehydrated.....	1 oz. portion.....	93
Tomato Soup (Condensed).....	11 oz. can.....	230
Tomato Soup (As Served).....	8 oz. cup.....	90
Tomato, Clear.....	8 oz. cup.....	75
Tomato, Creamed.....	8 oz. cup.....	202
Tomato, Puree, Canned.....	8 oz. cup.....	90
Tomato, Skimmed Milk.....	8 oz. cup.....	110
Vegetable, (Condensed).....	11 oz. can.....	203
Vegetable (As Served).....	8 oz. cup.....	82
Vegetable & Lamb - Infant.....	1 oz. strained.....	14
Vegetable & Beef.....	8 oz. cup.....	182
Vegetable - Infant.....	1 oz. strained.....	12

SUGARS, SYRUPS AND JAMS

	Quantity	Calories
Apple Butter.....	1 tablespoon.....	35
Beet Sugar.....	1 teaspoon.....	16
Beet Sugar.....	1 tablespoon.....	48
Beet Sugar.....	8 oz. cup.....	770
Brown Sugar.....	1 teaspoon.....	17
Brown Sugar.....	1 tablespoon.....	51
Brown Sugar.....	8 oz. cup.....	813
Cane Sugar.....	1 teaspoon.....	16
Cane Sugar.....	1 tablespoon.....	48
Cane Sugar.....	8 oz. cup.....	770
Cane Sugar.....	1 tablespoon.....	57
Cane Syrup.....	8 oz. cup.....	939
Cane Syrup.....	1 tablespoon.....	42
Chocolate Syrup.....	1 tablespoon.....	48
Coffee Jelly.....	1 tablespoon.....	57
Corn Syrup.....	8 oz. cup.....	939
Corn Syrup.....	1 tablespoon.....	25
Cranberry Jelly.....	8 oz. cup.....	549
Cranberry Sauce, Sweetened.....	1 1/8" x 5/8" x 1/8" lump..	27
Cube Sugar.....	1 tablespoon.....	40
Dextro-Maltose.....	1 tablespoon.....	50
Fruit Jellies (Most Flavors).....	1 teaspoon.....	16
Granulated Sugar.....	1 tablespoon.....	48
Granulated Sugar.....	8 oz. cup.....	770
Granulated Sugar.....	1 tablespoon.....	61
Honey, Comb.....	1 tablespoon.....	62
Honey, Strained.....	8 oz. cup.....	992
Honey, Strained.....	1 tablespoon.....	55
Jams (most Flavors).....	1 tablespoon.....	50
Jellies (Most Flavors).....	1 tablespoon.....	70
Maple Syrup, Pure.....	1 tablespoon.....	65
Maple Syrup, Imitation.....	1 tablespoon.....	55
Marmalade.....	1 tablespoon.....	54
Molasses, Cane (Barbados).....	1 tablespoon.....	50
Molasses, Cane (light).....	1 tablespoon.....	46
Molasses, Cane (medium).....	1 tablespoon.....	43
Molasses, Cane (Blackstrap).....	1 tablespoon.....	31
Powdered Sugar.....	8 oz. cup.....	493
Powdered Sugar.....	1 tablespoon.....	55
Preserves (Most Flavors).....	1 tablespoon.....	57
Simple Syrup.....	8 oz. cup.....	939
Simple Syrup.....	1 teaspoon.....	16
Sugar, Beet.....	1 teaspoon.....	17
Sugar, Brown.....	1 teaspoon.....	16
Sugar, Cane.....	1 1/8" x 5/8" x 1/8" lump..	27
Sugar Cube.....	1 tablespoon.....	56
Sugar, Maple.....	1 tablespoon.....	31
Sugar, Powdered.....	100 gm. 3 fl. oz.....	55
Sugar Cane, Juice Only.....	100 gm. 3 1/2 oz.....	48
Sugar Cane, Peeled Stalks.....	1 tablespoon.....	57
Syrups (Most Table Blends).....	8 oz. cup.....	939
Syrups (Most Table Blends).....	3 fl. oz.....	259
Syrups, Sugar Cane.....	3 fl. oz.....	259
Syrups, Sorghus.....		

VEGETABLES

(Frozen vegetables, when not listed here, are the same in calorie content as fresh vegetables.)

	Quantity	Calories
Ameranth.....	3½ oz. portion.....	36
Arrowhead.....	3½ oz. of tubers.....	106
Arrowroot.....	3½ oz. portion.....	126
Artichokes.....	4 hearts.....	20
Asparagus, Canned (Incl. liquid).....	6 spears.....	22
Asparagus, Canned (Incl. liquid).....	1 cup spears.....	43
Asparagus, Canned (Drained).....	6 spears.....	21
Asparagus, Canned (Drained).....	1 cup spears.....	38
Asparagus, Cooked.....	1 cup spears.....	36
Asparagus, Cooked.....	1 pound.....	92
Aster Leaves.....	100 gm. 3½ oz. portion	31
Balsampear.....	100 gm. 3½ oz. portion	29
Bamboo Shoots.....	100 gm. 3½ oz. portion	27
Beans, Baked (Pork & Molasses).....	8 oz. cup.....	325
Beans, Baked (Pork & Tomato).....	8 oz. cup.....	295
Beans, Kidney (Canned).....	8 oz. cup.....	230
Beans, Kidney (Dried).....	3½ oz. portion.....	336
Beans, Lima (Canned).....	8 oz. cup - drained.....	152
Beans, Lima (Canned).....	8 oz. cup - with liquid.....	176
Beans, Lima (Dried).....	8 oz. cup.....	610
Beans, Lima (Fresh).....	8 oz. cup.....	152
Beans, Navy (Dried).....	8 oz. cup.....	642
Beans, Pea (Dried).....	8 oz. cup.....	640
Beans, White Marrow (Dried).....	8 oz. cup.....	643
Beans, Snap Green (Canned).....	8 oz. cup - drained.....	27
Beans, Snap Green (Canned).....	1 pound (drained solids)	99
Beans, Snap Green (Canned).....	8 oz. cup - w/liquid.....	43
Beans, Snap Green (Canned).....	1 ounce (strained infant)	6
Beans, Snap Green (Fresh).....	8 oz. cup.....	27
Beans, Snap Green (Fresh).....	1 pound.....	99
Beans, Soy (Immature).....	8 oz. cup.....	120
Beans, Soy (Whole & Mature).....	8 oz. cup.....	695
Beans, String (Fresh).....	3½ ounces.....	35
Beans, Wax (Fresh).....	3½ ounces.....	32
Beans, Wax or Yellow (Canned).....	8 oz. cup - drained.....	27
Beans, Wax or Yellow (Canned).....	8 oz. cup w/liquid.....	43
Bean Sprouts.....	½ cup (4 oz.).....	15
Beet Greens.....	8 oz. cup.....	39
Beets, Canned.....	8 oz. cup.....	68
Beets, Canned.....	8 oz. cup - w/liquid.....	82
Beets, Canned (Infant).....	1 ounce strained.....	10
Beets, Fresh.....	8 oz. cup diced.....	68
Beets, Pickled.....	8 oz. cup.....	56
Broccoli.....	8 oz. cup stalks.....	44
Brussels Sprouts.....	8 oz. cup.....	44
Brussels Sprouts.....	1 pound.....	112
Burdock Root.....	3½ oz. portion.....	94
Cabbage, Cooked.....	8 oz. cup.....	40
Cabbage, Fresh.....	8 oz. cup shredded.....	24
Cabbage, Fresh.....	1 wedge 3½" x 4½".....	24
Cabbage, Celery or Chinese.....	8 oz. cup (cooked).....	27

VEGETABLES — Continued

	Quantity	Calories
Cabbage, Celery or Chinese - Fresh..	8 oz. cup 1" pieces	14
Calabash.....	3½ oz. portion	17
Carrots, Canned.....	8 oz. cup diced-drained. . .	44
Carrots - Canned.....	1 lb., drained-solids. . . .	138
Carrots, Canned.....	8 oz. cup diced, w/liquids. .	69
Carrots, Canned (infant).....	1 ounce strained.	7
Carrots, Cooked.....	8 oz. cup diced.	44
Carrots, Fresh.....	1 carrot 5½" x 1"	21
Carrots, Fresh.....	8 oz. cup grated.	45
Cassava (Common - Bitter).....	3½ oz. portion.	131
Cauliflower.....	8 oz. cup.	30
Cauliflower.....	8 oz. cup flower buds. . . .	25
Cedar Leaves.....	3½ oz. portion.	45
Celeriac.....	8 to 14 roots.	90
Celery, Cooked.....	8 oz. cup diced.	24
Celery, Cooked.....	1 pound.	82
Celery, Fresh.....	8 oz. cup diced.	18
Celery, Fresh.....	1 lg. outer stalk.	7
Celery, Fresh.....	3 small inner stalks.	9
Chard.....	8 oz. cup.	30
Chard Leaves, Cooked.....	8 oz. cup.	47
Chayote.....	3½ ounces (fruit flesh). . .	28
Chick Peas (Garbanzos).....	8 oz. cup dried seeds. . . .	755
Chicory.....	10 small leaves.	5
Chili Con Carne (without Beans).....	1/3 cup 60% met.	170
Chili Con Carne (w/beans).....	11 oz. condensed.	581
Chili Con Carne (w/beans).....	8 oz. cup as served.	291
Chili Sauce.....	1 tablespoon.	17
Chives.....	100 gms. 3½ oz. portion . .	42
Chrysanthemum.....	100 gms. 3½ oz. portion . .	17
Collards.....	8 oz. cup.	76
Coriander.....	3½ oz. portion.	36
Corn, Canned.....	8 oz. cup - drained.	140
Corn, Canned.....	1 pound - drained solids. . .	384
Corn, Canned.....	8 oz. cup - w/liquid.	170
Corn, Fresh.....	5" x 1¾" dia. ear.	84
Corn, Fresh.....	8 oz. cup kernels.	140
Corn, Fresh.....	1 pound kernels.	384
Corn, Pop.....	8 oz. cup dry.	54
Cow Peas, Cooked.....	8 oz. cup.	151
Cow Peas, Dry.....	8 oz. cup mature seeds. . . .	684
Cress, Garden (Cooked).....	8 oz. cup.	73
Cress, Garden (Fresh).....	1 pound.	186
Cucumber.....	6 slices ⅛" thick (50 gm.) . .	6
Cucumber.....	7½" x 2" (290 gm.)	25
Dandelion Greens (Cooked).....	8 oz. cup.	79
Egg Plant.....	3½ oz. portion.	24
Fennel Leaves.....	3½ oz. portion.	28
Garbanzos (Chick Peas).....	8 oz. cup dried seeds. . . .	755
Garlic.....	3½ oz. portion.	95
Garlic.....	1 clove.	5
Garlic Sauce w/water.....	1 tablespoon.	trace
Garlic Sauce w/butter.....	1 tablespoon.	100

VEGETABLES — Continued

	Quantity	Calories
Ginger Root, Fresh.....	3½ oz. portion.....	51
Ginkgo Seed.....	3½ oz. portion.....	349
Horse Radish.....	3½ oz. portion.....	87
Kale, Cooked.....	8 oz. cup.....	45
Kohlrabi, Cooked.....	8 oz. cup.....	47
Kohlrabi, Fresh.....	8 oz. cup diced.....	41
Leak.....	lower leaf w/bulb (3½ oz.).....	45
Lentils (without Seed Coat).....	3½ oz. (split).....	339
Lentils (Whole Seeds).....	3½ oz. (whole).....	337
Lettuce.....	2 large or 4 small leaves.....	7
Lettuce.....	1 compact head (1 lb.).....	68
Lettuce, Loose Leaf.....	1 head 4" diameter.....	32
Lotus Root.....	3½ oz. portion.....	49
Matai, Fresh.....	3½ oz. portion.....	78
Mung Beans, Dried.....	2 tablespoons.....	100
Mung Beans (Sprouts), Fresh.....	8 oz. cup.....	21
Mushrooms, Button.....	3½ oz. portion.....	16
Mushrooms, Canned.....	8 oz. cup w/liquid.....	28
Mushrooms, Fresh.....	8 oz. cup sliced.....	20
Mustard.....	1 teaspoon.....	10
Mustard Greens.....	8 oz. cup.....	31
Okra.....	3½ oz. portion.....	32
Okra, Cooked.....	8 parts 3" x 5/8" dia.....	28
Olive Oil.....	1 tablespoon.....	110
Olives, Green.....	10 olives.....	72
Olives, Ripe.....	10 Ascalano.....	70
Olives, Ripe.....	10 Manzanilla.....	72
Olives, Ripe.....	10 Mission.....	106
Olives, Ripe.....	10 Sevilano.....	70
Olives, Stuffed.....	5 mammoth.....	55
Onions, Cooked.....	8 oz. cup.....	79
Onions, Creamed.....	½ cup (4 oz.).....	108
Onions, Fried.....	½ cup (4 oz.).....	163
Onions, Green.....	6 small (1¾ oz.).....	23
Onions, Raw (Mature).....	1 tablespoon chopped.....	4
Onions, Raw (Bermuda).....	2½ diameter (3-2/3 oz.).....	49
Onions, Spanish.....	1 med. size.....	8
Onions, Stewed.....	½ cup (4 oz.).....	50
Oyster Plant, Cooked.....	½ cup (4 oz.).....	35
Parsley.....	1 tablespoon chopped.....	1
Parsnips, Cooked.....	8 oz. cup.....	94
Parsnips, Raw.....	3½ oz. serving.....	78
Peas, Fresh (Garden).....	3½ oz. serving, shelled.....	98
Peas, Fresh (Sugar).....	3½ oz. serving, podded.....	53
Peas, Green - Canned.....	8 oz. cup, drained.....	145
Peas, Green - Canned.....	8 oz. cup, w/liquid.....	168
Peas, Green - Canned (Infant).....	1 ounce, strained.....	14
Peas, Green - Cooked.....	8 oz. cup.....	111
Peas, Green-Cooked.....	1 pound.....	316
Peas, Green - Dried.....	8 oz. cup (split).....	689
Peas, Green - Dried.....	8 oz. cup (whole seeds).....	679
Peppers, Cooked.....	1 med. size (2½ oz.).....	17

VEGETABLES — Continued

	Quantity	Calories
Peppers, Cooked.....	1 pound chopped.....	119
Peppers, Fresh.....	1 med. size (2-2/3 oz.)	16
Peppers, Stuffed.....	1 med. size, stuffed...	185
Pickles, Bread & Butter.....	8 oz. cup (22 to 24 pcs.)	118
Pickles, Bread & Butter.....	6 pcs. 1/4" x 1 1/2" dia...	29
Pickles, Dill.....	1 3/4" dia. x 4" long....	15
Pickles, Sour.....	1 3/4" dia. x 4" long....	15
Pickles, Sweet.....	5/8" dia. x 2" long....	11
Pickles, Sweet.....	3/4" dia. x 2 3/4" long...	22
Pickles, Sweet, Mixed.....	1 tablespoon chopped..	14
Pickles, Sweet, Mixed.....	8 oz. cup chopped.....	225
Pigeonpeas, Immature.....	3 1/2 oz. serving.....	114
Pigeonpeas, Mature.....	3 1/2 oz. serving, husked.	333
Pimentos, Canned.....	1 med. size (1-1/3 oz.)	10
Potato Chips.....	10 med. size (2" dia.)	108
Potato Chips.....	7 large size (3" dia.)	108
Potatoes.....	1 large (3 1/2 oz.).....	83
Potatoes, Au Gratin.....	4 oz. cup.....	250
Potatoes, Baked.....	1 med. peeled (2 1/2" dia.)	97
Potatoes, Baked.....	1 med. unpeeled.....	102
Potatoes, Boiled - Peeled.....	1 med. (2 1/2" dia.).....	105
Potatoes, Boiled - Peeled.....	8 oz. cup (diced).....	105
Potatoes, Boiled - Unpeeled.....	1 med. (2 1/2" dia.).....	181
Potatoes, Boiled - Unpeeled.....	1 pound.....	359
Potatoes, Canned, Drained.....	3 to 4 small size.....	118
Potatoes, Canned, Drained.....	1 pound.....	378
Potatoes, Canned, w/liquid.....	8 oz. cup.....	144
Potatoes, Creamed.....	8 oz. cup.....	250
Potatoes, Escalloped.....	4 oz. cup.....	121
Potatoes, French Fried.....	8 pieces (2" x 1/2" x 1/2")	157
Potatoes, Fried Raw.....	8 oz. cup.....	479
Potatoes, Hashed Brown.....	8 oz. cup.....	470
Potatoes, Hashed Brown.....	1 pound.....	1094
Potatoes, Mashed.....	8 oz. cup.....	240
Potatoes, Mashed.....	1 pound.....	559
Potatoes, Mashed w/Milk.....	8 oz. cup.....	159
Potatoes, Mashed w/Milk.....	1 pound.....	369
Potatoes, Pressure Cooked.....	1 med. (2 1/2" dia.).....	105
Potatoes, Pressure Cooked.....	8 oz. cup diced.....	105
Potatoes, Steamed.....	1 med. (2 1/2" dia.).....	105
Potatoes, Steamed.....	8 oz. cup diced.....	105
Potatoes, Sweet - Baked.....	5" x 2" peeled.....	183
Potatoes, Sweet - Boiled.....	5" x 2 1/2" peeled.....	252
Potatoes, Sweet - Boiled.....	1 pound.....	560
Potatoes, Sweet - Candied.....	1 small (3 1/2" x 2 1/4")	314
Potatoes, Sweet - Canned.....	8 oz. cup.....	233
Potatoes, Sweet - Raw.....	3 1/2 oz. portion.....	123
Pumpkin.....	3 1/2 oz. portion.....	31
Pumpkin, Canned.....	8 oz. cup.....	76
Pumpkin Seeds.....	3 1/2 oz. portion.....	541
Radishes.....	4 small size (1 1/2 oz.)	4
Radishes, Chinese.....	3 1/2 oz. portion.....	19
Rice, Brown.....	8 oz. cup.....	748

VEGETABLES — Continued

	Quantity	Calories
Rice, Converted and Cooked.....	8 oz. cup.....	204
Rice, Fried.....	8 oz. cup.....	258
Rice, Precooked - Dry.....	8 oz. cup.....	420
Rice, Spanish.....	8 oz. cup.....	300
Rice, White - Boiled.....	8 oz. cup.....	201
Rice, White - Boiled.....	1 pound.....	542
Rice, White - Raw.....	8 oz. cup.....	692
Rice, Wild - Raw.....	8 oz. cup.....	593
Romaine.....	2 large or 4 small leaves	7
Rutabagas.....	8 oz. cup cubed.....	50
Sauerkraut, Canned.....	8 oz. cup, drained.....	32
Sauerkraut, Canned.....	1 pound, drained solids.....	99
Sauerkraut, Canned.....	8 oz. cup w/liquid.....	29
Sauerkraut Juice.....	4 oz. glass.....	25
Scallions.....	4 med. size.....	8
Shepherdspurse.....	3½ oz. portion.....	39
Sorrel.....	4 oz. cup.....	5
Soya Sauce.....	1 tablespoon.....	5
Soybean, Immature Seeds.....	4 oz. cup.....	119
Soybean, Mature - Dried.....	8 oz. cup.....	695
Soybean Milk.....	4 oz. glass.....	38
Soybean Sprouts, Raw.....	4 oz. cup.....	49
Spinach, Canned.....	8 oz. cup, drained.....	46
Spinach, Canned.....	1 pound, drained solids.....	115
Spinach, Canned.....	8 oz. cup w/liquid.....	45
Spinach, Canned (Infant).....	1 ounce, drained.....	4
Spinach, Cooked.....	8 oz. cup.....	46
Spinach, Cooked.....	1 pound.....	115
Spinach, Raw.....	4 ounces.....	22
Squash, Canned (Infant).....	1 ounce, strained.....	8
Squash, Hubbard.....	½ cup (4 oz.).....	50
Squash, Summer.....	8 oz. cup.....	34
Squash, Winter - Baked & Mashed.....	8 oz. cup.....	97
Squash, Winter - Boiled & Mashed.....	8 oz. cup.....	86
Succatash.....	½ cup (4 oz.).....	68
Swamp Cabbage.....	3½ oz. portion.....	29
Taro (Corns and Tubers).....	3½ oz. portion.....	98
Taro (Leaves & Stems).....	3½ oz. portion.....	40
Tomatoes, Canned.....	8 oz. cup.....	46
Tomatoes, Raw (Medium).....	2" x 2½" diameter.....	30
Tomatoes, Raw (Small).....	1¾" x 2¼" diameter.....	22
Tomatoes, Stewed.....	8 oz. cup.....	46
Turnip Greens, Cooked.....	4 oz. cup.....	43
Turnips, Cooked.....	8 oz. cup, diced.....	42
Turnips, Mashed.....	1 level 8 oz. cup.....	60
Turnips, Raw.....	1 level 8 oz. cup, diced.....	43
Watercress, Raw.....	1 pound (leaves & stems).....	84
Yams, Baked.....	5" x 2" peeled.....	183
Yams, Boiled.....	5" x 2" peeled.....	252
Yams, Candied.....	1 small (3½" x 2¼").....	314
Yams, Canned.....	8 oz. cup.....	233
Yautia.....	½ of 4" long piece.....	75
Zucchini.....	½ cup (4 oz.).....	23

HERE'S THE FAMOUS 21 DAY PLANNED REDUCING MENU

FOR YOUR BALANCED EATING

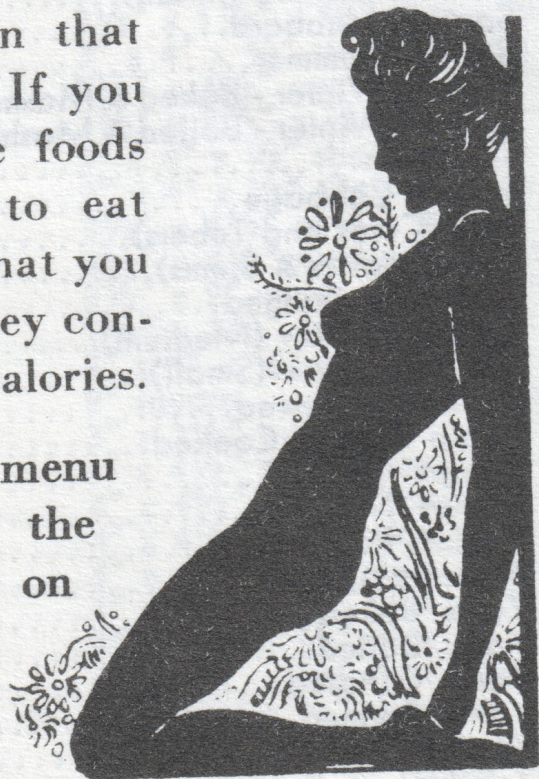
By *Joe Bonomo*

NEVER BE
HUNGRY

Here's the sensational menus that have been planned for the best in balanced eating. You will never be hungry following this easy schedule . . . yet you will reduce each and every day.

For the next 21 days you will get an orderly, well-regulated eating plan that will start you off right. If you do not like some of the foods listed, you don't have to eat them. Just substitute what you do like . . . but be sure they contain the same amount of calories.

In addition to your daily menu plan, be sure to follow the suggestions that follow on the next few pages.



TIPS FOR DIETING

Follow the *Famous 21 Days of Balanced Menus . . .* for you will lose weight. These planned menus are scientifically balanced to give you plenty of food . . . yet low enough in calories so that you can reduce easily. Most important, however, are these 10 tips. Keep them in mind, always!

The 10 Important Diet Tips

- Tip No. 1** — Do not skip meals. Eat your three complete meals at the right time each day.
- Tip No. 2** — Eat nothing between meals except your mid-morning, mid-afternoon and bedtime snacks . . . together with your allotment of sugar or candy for the day.
- Tip No. 3** — Hot beverages, such as coffee, tea, postum, etc., should be consumed without sugar and cream at mealtimes. Use lemon with tea. Sugar (within your allotment) may be added to a cup in the mid-morning or mid-afternoon interval.
- Tip No. 4** — Do not drink large amounts of water at mealtime . . . nor after one hour before or up to one hour afterward.
- Tip No. 5** — Use a minimum of salt. Salt helps to hold large quantities of water in the body. You may be losing weight but the loss in fat is being replaced by water.
- Tip No. 6** — Stay away from cakes, cookies, pastries and desserts of all kinds that are loaded with calories . . . and especially liquors and beer. These have no place in a diet.
- Tip No. 7** — Use no butter on bread or in vegetables unless specified. Where shown, butter may be replaced by a like quantity of oleomargarine.
- Tip No. 8** — Weigh yourself every week . . . on the same scale . . . at the same time of the day. Be sure that you have on about the same amount of clothing. Use the chart in the book for keeping a record of your progress in weight reduction.
- Tip No. 9** — Your reduction in weight will be gradual . . . but definitely downward, unless you are cheating. Often the first week's loss of fat will be replaced with water in your body . . . so don't get discouraged.
- Tip No. 10** — Supplement your diet with a mixed vitamin capsule. If you want advice on the strength and type, ask your family physician. At the same time, if you have any physical ailment or infirmity . . . or any doubts about applying the 21 Day Schedule to your particular case, be sure to submit this to your doctor, too.

MENU

for
21
days

STARTING OUT

Be sure that you read and understand all the "Tips For Reducing" contained on page 65. And, then follow them!

Before you start out on the "Famous 21 Days Of Balanced Eating" . . . let me tell you a little about these wonderful meals you will get each day. These are special menus based on scientific studies and years of nutritional research . . . to aid you in a balanced program of dieting. And, here's an extra surprise for you:

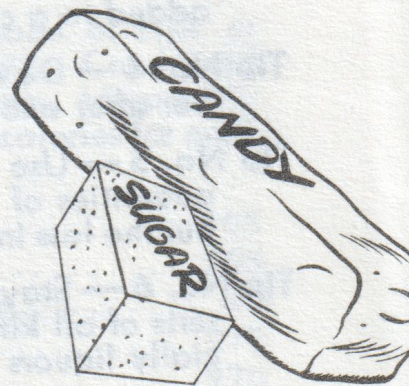
You Can Have Your Sugar And Diet, Too!

Yes, you're going to be able to include some candy . . . or use sugar every day! Don't be astonished at this . . . for it isn't as strange as it seems. You, yourself have known for years that candy before meals takes your appetite away . . . just as coffee, before bedtime, helps to keep you awake.

Modern nutritional research has a new term in dieting. You will hear a great deal about "blood sugar level" in the next few years . . . and nutritionists will certainly include the use of more sugar in diets. Now, here it is, for the first time, in a diet book.

To put it simply, it is this:

1. As you have found out, in previous pages, most people get fat because they overeat. They eat more calories than their body needs.
2. Why do they overeat? Because they're hungry!
3. Why are they hungry? Mainly because their "blood sugar level" is low.
4. How can they raise this level quickly? Simply by adding sugar to their diet or some of the sweets that contain it.



Include A Quota Of Sugar Each Day

If you are 150 lbs. or less, you can have 50 calories in sugar, candy, soft drinks or sweets; if over 150 lbs., you can have 75 calories. (1 level teaspoon of sugar is 16 calories). Eat this daily quota of sugar at one time or spread it out over the day . . . but, eat your sweets during the mid-morning or mid-afternoon, up to 1/2 hour before lunch or dinner . . . never directly after. You will be amazed at how that "hungry feeling" disappears . . . and how much more "pep" and "energy" you will have!



YOUR BREAKFAST STARTS YOU OUT

Breakfast seldom varies, and rather than list this meal for each of the 21 days, I have itemized them on this page . . . giving you a choice of 8 different ones. Your coffee or tea is listed without sugar or cream. Try to do without sugar at meals . . . taking it between meals instead. If you must lighten your beverage, use skimmed milk. Remember, you can't cheat and get away with it. Your tummy accurately counts every morsel you swallow . . . and every little calorie shows up on the adding machine tape.

8 STANDARD BREAKFASTS

(If you don't like any of these, make up your own from the Calorie Counter Food List keeping the count around 200 calories.)

Breakfast No. 1 (Calories . . . 207) 1/2 Medium Grapefruit Soft Boiled Egg Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee	Breakfast No. 5 (Calories . . . 205) 8 oz. Glass Tomato Juice Fried Egg Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee
Breakfast No. 2 (Calories . . . 182) 8 oz. Glass Tomato Juice Poached Egg Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee	Breakfast No. 6 (Calories . . . 198) 1/2 Cantaloupe One-Egg Omelet Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee
Breakfast No. 3 (Calories . . . 199) 1/2 Cup Apricots Scrambled Egg Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee	Breakfast No. 7 (Calories . . . 194) 4 oz. Peach Nectar Poached Egg Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee
Breakfast No. 4 (Calories . . . 186) 4 oz. Pure Orange Juice (add water to 6 oz.) Soft Boiled Egg Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee	Breakfast No. 8 (Calories . . . 195) 6 oz. Grapefruit Juice 3 1/2 oz. Egg Plant Broiled with 1 pat Butter Slice Protein Bread (may be toasted) 1/2 pat of Butter Black Coffee

Famous 21-Day Reducing Menus

Be sure that you read and follow the 10 Tips as listed on Page 64 of this counter. Then, start out with any of the standard breakfasts each day . . . jotting down the calorie count on your chart. In starting this menu, it is best to start on a Monday for the 1st day. You will then reach a fish menu on the 5th day (Friday) and a substantial dining-out Saturday dinner as well as a well-balanced Sunday dinner. Okay, let's get going!

**BE SURE YOU UNDERSTAND THE
DIFFERENCE BETWEEN "HUNGER"
AND "APPETITE"**

. . . and No Cheating, Please!

1st Day (Monday) Calories 1091

MID-MORNING (25)

Glass Carrot Juice

LUNCH (369)

3 oz. Patty Lean
Ground Round Steak
Slice Rye Toasted
Hearts of Lettuce
(1/2 Head, Lemon Juice)
1/2 Cup Jello Tea & Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (536)

2 Small Lamb Chops
(Medium-Broiled)
1 Cup Broccoli
2 Med. Carrots
1/2 Cup Pickled Beets
Canned Peaches
(2 Halves — No Juice)
Black Coffee

BEDTIME (76)

Med. Size Fresh Apple

2nd Day (Tuesday) Calories 747

MID-MORNING (25)

4 oz. Tomato Juice

LUNCH (261)

Cup Chicken Broth
2 tbs. Cottage Cheese
on 2 Slices Pineapple
1/2 Hd Shredded Lettuce
Slice Rye Toast
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (281)

2 Med. Slices Liver
(Broiled, 3 oz.)
1/2 Bermuda Onion
(Sliced-Stewed)
1/2 Cup Tomatoes
1/2 Cup Green Beans
Mixed Green Salad
(Lettuce, Celery and Cucumber)
1/2 tbs. French Dressing
Canned Pears
(2 Halves — No Juice)
Black Coffee

BEDTIME (95)

1 Med. Size Pear

3rd Day (Wednesday) Calories 975

MID-MORNING (24)

4 oz. Vegetable Juice

LUNCH (317)

2 oz. pc. Fried Ham
6 Spears Asparagus
Canned Peaches
(2 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (473)

3 oz. Slice Roast Beef
(Pot or Rib Roast)
2 Med. Carrots
1 Cup Cauliflower
Hearts of Lettuce
($\frac{1}{2}$ Head, Lemon Juice)
Slice Rye Toast
Canned Pineapple
(2 Slices — No Juice)

BEDTIME (76)

1 Med. Size Apple

4th Day (Thursday) Calories 1014

MID-MORNING (25)

Glass Carrot Juice

LUNCH (321)

3 oz. Patty Lean
Ground Round Steak
1 Med. Tomato, Sliced
Slice Rye Toast
Canned Apricots
(4 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (488)

2 Small Lamb Chops
(Medium-Broiled)
 $\frac{1}{2}$ Cup String Beans
1 Cup Broccoli
Mixed Green Salad
(Lettuce, Celery and Cucumber)
 $\frac{1}{2}$ tbs. French Dressing
 $\frac{1}{2}$ Fresh Grapefruit
Black Coffee

BEDTIME (95)

1 Med. Size Pear

5th Day (Friday) Calories 742

MID-MORNING (25)

4 oz. Tomato Juice

LUNCH (249)

1 Med. Tomato, Stuffed
(With 3 tbs. Cottage Cheese)
Slice Rye Toast
 $\frac{1}{2}$ Cup Apple Sauce
2 Lorna Doones
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (307)

$\frac{3}{4}$ lb. Broiled Lobster
or $3\frac{1}{2}$ oz. Filet of Sole
(Broiled — No Butter)
 $\frac{1}{2}$ Cup Fresh Peas
2 Med. Carrots
Lettuce & Tomato Salad
(Lemon Juice Dressing)
2 Slices Pineapple
(Drained — Without Juice)
Black Coffee

BEDTIME (76)

1 Med. Size Apple

6th Day (Saturday).....Calories 988

MID-MORNING (25)

Glass Carrot Juice

LUNCH (358)

1 Cup Clear Bouillon
Combination Ham Salad
(Lettuce, Tomato, Celery,
2 oz. Boiled Ham, Diced)
Slice Wheat Toast
Canned Pears
(2 Halves — No Juice
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (444)

Steak, Filet or T-Bone
(3 oz. Portion — Broiled)
½ Cup Stewed Tomatoes
½ Cup Cooked Beets
1 Cup Cabbage Slaw
½ tbs. French Dressing
½ Cup Jello
Black Coffee

BEDTIME (76)

1 Med. Size Apple

7th Day (Sunday).....Calories 788

MID-MORNING (50)

Large Glass Tomato Juice

DINNER (280)

½ Broiled Chicken
(Medium Size — 8 oz. Meat)
½ Cup String Beans
2 Med. Carrots
Hearts of Lettuce
Salad (½ Head)
With Lemon Juice
Wedge of Melon
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

SUPPER (327)

1 Cup Clear Consomme
3 oz. Canned Salmon
1 tbs. Chopped Onions
1 tbs. Lemon Juice
Slice White Bread
(Toast, if Desired)
½ Patty of Butter
1 Med. Baked Apple
Black Coffee

BEDTIME (46)

1 Med. Size Peach

8th Day (Monday).....Calories 791

MID-MORNING (48)

4 oz. Glass Peach Nectar

LUNCH (258)

1 Cup Chicken Broth
Tuna Salad
(4 tbs. Tuna Used)
1 Cup Broccoli
½ Cup Apple Sauce
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (305)

2 Med. Slices Liver
(Broiled — 3 oz.)
½ Cup String Beans
1 Cup Pickled Beets
Slice Rye Bread
½ Patty of Butter
Canned Apricots
(4 Halves — No Juice)
Black Coffee

BEDTIME (95)

1 Med. Size Pear

9th Day (Tuesday).....Calories 813

MID-MORNING (25)

4 oz. Tomato Juice

LUNCH (402)

2 Frankfurters
1 Cup Sauerkraut
Slice Wheat Bread
½ Patty of Butter
1 Slice Pineapple
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (225)

Broiled Flounder or
Perch; Filet of Sole
(4 oz. portion)
6 Spears Asparagus
2 Med. Carrots
Lettuce & Tomato Salad
(With Lemon Juice)
Canned Pears
(2 Halves — No Juice)
Black Coffee

BEDTIME (76)

1 Med. Size Apple

10th Day (Wednesday).....Calories 887

MID-MORNING (25)

Glass Carrot Juice

LUNCH (345)

3 oz. Patty Lean
Ground Round Steak
Mixed Green Salad
(Lettuce, Celery and Cucumber)
½ tbs. French Dressing
½ Cup Jello
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (356)

3 oz. Slice Roast Beef
(Pot or Rib Roast)
½ Cup Stewed Tomatoes
½ Cup String Beans
Hearts of Lettuce
Salad (½ Head
With Lemon Juice)
½ Cup Jello
1 Vanilla Wafer
Black Coffee

BEDTIME (76)

1 Med. Size Apple

11th Day (Thursday).....Calories 970

MID-MORNING (24)

4 oz. Vegetable Juice

LUNCH (247)

Cold Chicken
(Boiled — 4 oz. Portion)
6 Small Stalks Celery
Slice Rye Toast
½ Patty of Butter
Canned Apricots
(4 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (568)

2 Small Lamb Chops
(Medium-Broiled)
½ Cup Fresh Peas
½ Cup Cooked Beets
Mixed Green Salad
(Lettuce, Celery and Cucumber)
1 tbs. Lemon Juice
1 Med. Baked Apple
Black Coffee

BEDTIME (46)

1 Med. Size Peach

12th Day (Friday).....Calories 704

MID-MORNING (48)

4 oz. Peach Nectar

LUNCH (252)

1 Cup Clam Chowder
3 tbs. Cottage Cheese
On 1 Slice Pineapple
Shredded Lettuce
1 Cup Cauliflower
Canned Pears
(2 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (243)

$\frac{3}{4}$ lb. Broiled Lobster
or $3\frac{1}{2}$ oz. Filet of Sole
(Broiled — No Butter)
 $\frac{1}{2}$ Cup String Beans
Medium Baked Potato
Hearts of Lettuce
Salad ($\frac{1}{2}$ Head)
1 lbs. Lemon Juice
Canned Apricots
(4 Halves — No Juice)
Black Coffee

BEDTIME (76)

1 Med. Size Apple

13th Day (Saturday).....Calories 1071

MID-MORNING (25)

4 oz. Tomato Juice

LUNCH (429)

2 Small Lamb Chops
(Medium-Broiled)
6 Spears Asparagus
 $\frac{1}{2}$ Cup Apple Sauce
1 Vanilla Wafer
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (437)

Chopped Sirloin Steak
(3 oz. Portion — Broiled)
 $\frac{1}{2}$ Med. Bermuda Onion
(Sliced, Raw or Stewed)
 $\frac{1}{2}$ Cup Stewed Tomatoes
1 Cup Broccoli
Slice Rye Toast
Canned Peaches
(2 Halves — No Juice)
Black Coffee

BEDTIME (95)

1 Med. Size Pear

14th Day (Sunday).....Calories 769

MID-MORNING (25)

Glass Carrot Juice

DINNER (403)

Filet Mignon or
T-Bone Steak
(3 oz. All Meat)
2 Med. Carrots
Lettuce & Tomato Salad
 $\frac{1}{2}$ tbs. Mayonnaise
Canned Pears
(2 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

SUPPER (180)

1 Cup Chicken Broth
1 Med. Tomato, Stuffed
With 3 tbs. Cottage Cheese
 $\frac{1}{2}$ Cup Broccoli
Canned Pineapple
(1 Slice — No Juice)
Black Coffee

BEDTIME (76)

1 Med. Size Apple

15th Day (Monday).....Calories 1041

MID-MORNING (25)

4 oz. Tomato Juice

LUNCH (353)

1 Cup Tomato Bouillon
½ Broiled Chicken
(Med. Size — 8 oz. Meat)
6 Small Stalks of Celery
Slice Rye Bread
½ Patty of Butter
1 Med. Baked Apple
Tea With Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (554)

3 oz. Slice Roast Beef
(Pot or Rib Roast)
1 Cup String Beans
½ Cup Cooked Beets
Hearts of Lettuce
Salad (½ Head)
1 tbs. Lemon Juice
Slice Rye Toast
½ Patty of Butter
Canned Peaches
(2 Halves — No Juice)
Black Coffee

BEDTIME (24)

4 oz. Vegetable Juice

16th Day (Tuesday).....Calories 927

MID-MORNING (25)

Glass Carrot Juice

LUNCH (352)

Combination Pineapple
And Cheese Salad
Slice Wheat Toasted
½ Patty of Butter
½ Cup Apple Sauce
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (370)

2 Med. Veal Cutlets
(Broiled — 3 oz. Meat)
½ Cup Fresh Peas
1 Cup Cauliflower
1 Cup Pickled Beets
Canned Apricots
(4 Halves — No Juice)
Black Coffee

BEDTIME (95)

1 Med. Size Pear

17th Day (Wednesday).....Calories 1021

MID-MORNING (25)

Glass Kraut Juice

LUNCH (349)

3 oz. Patty Lean
Ground Round Steak
1 Med. Tomato, Sliced
Slice Rye Toast
½ Patty of Butter
Canned Pears
(2 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass of Skimmed Milk

DINNER (512)

2 Small Lamb Chops
(Medium-Broiled)
2 Med. Carrots
½ Cup String Beans
Mixed Green Salad
½ tbs. French Dressing
2 Slices Pineapple
(Canned — No Juice)
Black Coffee

BEDTIME (50)

Large Glass Tomato Juice

18th Day (Thursday).....Calories 1045

MID-MORNING (44)

4 oz. Grapefruit Juice

LUNCH (442)

½ Med. Grapefruit
1 Cup Beef and
Vegetable Stew
Mixed Green Salad
½ tbs. French Dressing
½ Cup Apple Sauce
Black Coffee

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (398)

T-Bone Steak
(3 oz. Portion — Broiled)
½ Cup Stewed Tomatoes
2 Med. Carrots
Hearts of Lettuce
Salad (½ Head)
1 tbs. Lemon Juice
Canned Pineapple
(2 Slices — No Juice)
Tea with Lemon

BEDTIME (76)

1 Med. Size Apple

19th Day (Friday).....Calories 812

MID-MORNING (25)

4 oz. Tomato Juice

LUNCH (329)

1 Cup Clam Broth
Double Lobster or
Crab Meat Salad
½ tbs. Mayonnaise
Slice Wheat or Rye
½ Patty of Butter
½ Cup of Jello
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (335)

Broiled Fillet of Sole,
Croaker, Porgie or Salmon
(4 oz. Portion — Broiled)
½ Patty of Butter
½ Cup Fresh Peas
1 Cup Broccoli
1 Cup Cabbage Slaw
½ tbs. Mayonnaise
Canned Peaches
(2 Halves — No Juice)
Black Coffee

BEDTIME (38)

Grapefruit Juice (3½ oz. Glass)

20th Day (Saturday).....Calories 856

MID-MORNING (25)

Glass Carrot Juice

LUNCH (383)

1 Cup Clear Bouillon
2 Poached Eggs
Slice White Toast
½ Patty of Butter
Canned Apricots
(4 Halves — No Juice)
Tea with Lemon

MID-AFTERNOON (85)

Glass Skimmed Milk

DINNER (313)

½ Roast Chicken
½ Cup String Beans
1 Cup Cauliflower
1 Small Baked Potato
½ Patty of Butter
Lettuce & Tomato Salad
1 tbs. Lemon Juice
Canned Peaches
(2 Halves — No Juice)
Black Coffee

BEDTIME (50)

Small Orange or Tangerine

21st Day (Sunday).....Calories 1197

MID-MORNING (25)

Glass Carrot Juice

DINNER (607)

1 Slice Roast Beef
(Pot or Rib — 3 oz. Portion)
½ Cup Fresh Peas
1 Ear Fresh Corn
1 Cup Broccoli
Tomato & Cheese Salad
½ Cup Apple Sauce
Black Coffee

MID-AFTERNOON (85)

Glass Skimmed Milk

SUPPER (405)

Large Glass Tomato Juice
Sliced Egg Salad
(1 Packed Cup Full)
½ tbs. Russian Dressing
Slice Rye or Wheat
½ Patty of Butter
1 Med. Baked Apple
2 Lorna Doones
Black Coffee

BEDTIME (75)

½ Med. Grapefruit

NOW THAT YOU'RE FINISHED . . .

WHAT NOW???

Now that you're on the last day of the third week, what are you going to do about the coming weeks and months ahead?

Remember, you put weight on gradually . . . until you found out for yourself that *it isn't fun to be fat*. You did something about it (And, if you didn't cheat) you have lost weight.

For the past three weeks you have followed well-balanced and very highly-scientific menus . . . and as you look at the record chart you can see what you did.

It's up to you . . . from now on. What you do is going to show up in the mirror . . . a trim and slim, healthy, energetic person or a fatty that's going to talk about reducing sometime again in the future . . . but one who will never get anywhere but to the tailor for some more seam letting-out.

You have regulated your body in the past few weeks. Now, keep it in tune. If you like, start out all over again on my 21 Day Diet. The first three weeks are really the hardest. You have crossed the bridge . . . so take the easy road . . . the road to a well proportioned body . . . and *Health . . . Happiness . . . Success!!*



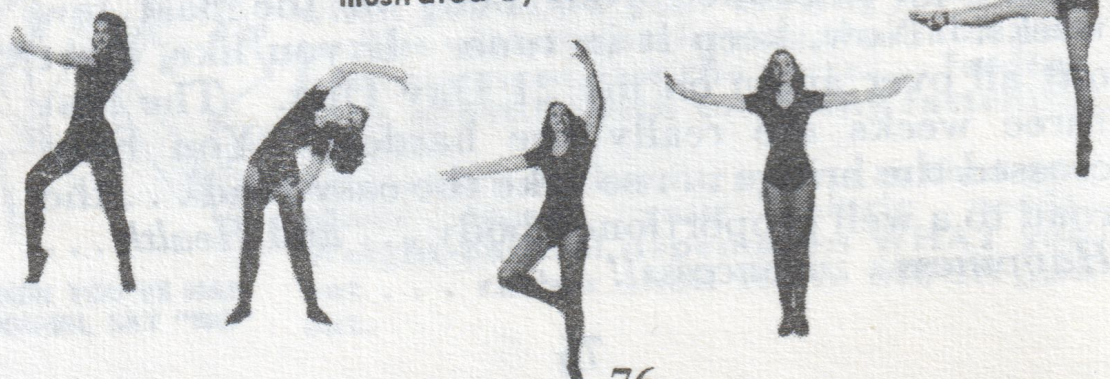
daily dozen exercises

Scientific diet as outlined in this booklet is only half your battle against excess weight. Exercise is the other half. One, without the other is unnatural, incomplete. As your body loses its excess fatty layers, your skin must contract as well. The best way this can be done is by means of the exercises given here. They'll help tone your skin — keep it supple, resilient and alive.

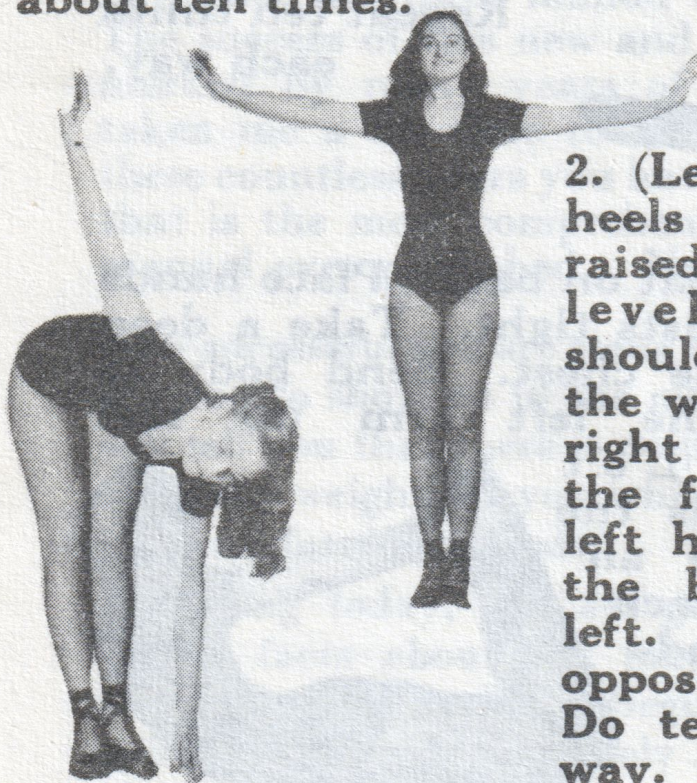
The simple, easy-to-follow routines illustrated on the next few pages make up a program that can be executed very easily each day — preferably both in the morning on arising and at bed-time before your shower.

If practiced in connection with the dietary regimen outlined in this booklet, you will be maintaining a well-rounded program that will tend to pay off in renewed vigor, greater health and personal attractiveness.

Illustrated By Joan Bonomo



1. (Right) Stand erect, arms at sides, heels together. Raise arms straight forward and upward until they are stretching overhead. Bend at waist until the fingers touch floor in front of toes. Return and repeat about ten times.



2. (Left) Stand erect, heels together, arms raised to sides on a level with your shoulders. Twist at the waist, until the right hand points to the front and the left hand points to the back, face to left. Twist in the opposite direction. Do ten times each way.

3. (Above) Stand with feet together, arms stretched out to sides. Twist sideways and downwards until the right hand is touching the right toe. Return to starting position, and bend to the left. Repeat six times each arm.

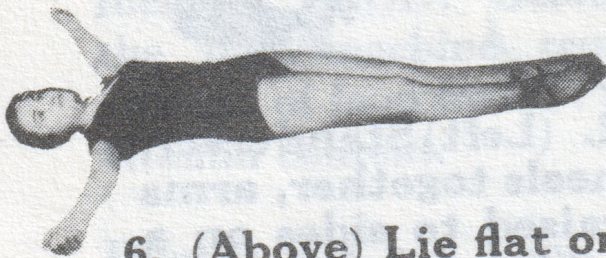
4. (Right) Stand with heels, calves, buttocks, shoulders and head touching wall, arms at sides. Raise arms straight forward and upward until they touch the wall overhead. Keep arms stiff. Do ten times.





5. (Above) Lie flat on stomach. Stretch legs straight out, knees rigid, arms straight out over your head. Roll over three times to your left. Roll back three times to right.

Repeat ten times each way.



6. (Above) Lie flat on back. Place hands on shoulders, fists tight. Take a deep breath, lifting the chest. Bend body to right. Stretch the left arm up and S-T-R-E-T-C-H. Let your breath go as the stretch comes to an end. Do 5 times each side. Repeat, bending to the left.



7. (Right) Lie flat on stomach, legs and arms stretched out. Reach back and grasp feet with both hands. Hold for ten seconds. Return to original position. Repeat about ten times.

8. (Below) Lie flat on stomach, legs and arms stretched out, body arched. Raise feet and hands as far off the floor as possible, keeping arms and legs rigid. Repeat about six times.





9. (Above) Lie flat on your stomach and clasp hands behind back. Exerting tension with your arms, strive to pull your shoulders upward, away from the floor. Relax, then repeat. Do ten times.

10. (Right) Place hands on hips, heels together, toes apart. Rise on toes. Squat until you are sitting on your heels. Return to starting position. Repeat ten times.

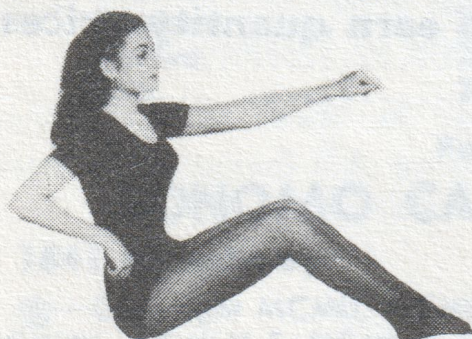


11. (Left) Lie flat on back, arms at side, palms down. Bring knees up as close to stomach and chest as possible. Thrust both feet straight forward, and slowly lower



feet to floor. Inhale as you bend your legs, exhale as you thrust forward. Do 5 times each leg.

12. (Left) Sit with legs slightly bent, as shown. Reach forward as far as you can with your right arm. Tense arm and pull



backward, slowly, imagine pulling against an oar or heavy weight. Repeat, alternating with left arm. Do 10 times each.

New Red Cross

Size	<u>Retail Price</u>	<u>Shelf Unit</u>
Small (1 oz.)	20¢	1 doz.
Medium (2 oz.)	35¢	1 doz.
Large (4 oz.)	63¢	1 only
Extra-Large (8 oz.)	\$1.15	1 only
Professional (15 oz.)	1.98	1 only

Above sizes may be assorted to obtain quantity prices, provided shelf units are ordered. Purchases of RED CROSS Cotton may be combined with RED CROSS Sterile Absorbent to earn quantity prices.

Cotton Price List

<u>Shipper</u>	<u>N.S.P. Prices (per dz.)</u>		
	<u>12 Doz.</u>	<u>6 Doz.</u>	<u>Net</u>
12 doz.	\$1.44	\$1.52	\$1.60
6 doz.	2.52	2.66	2.80
2 doz.	4.54	4.79	5.04
(tear-strip)			
2 doz.	8.28	8.74	9.20
(tear-strip)			
1 doz.	14.26	15.05	15.84

When Professional size *only* is purchased, 10% discount will be earned on 3 dozen order; 5% on 1 dozen order; less than 1 dozen, net.

No connection whatever with American National Red Cross

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